

613.05 THIRTIETH YEAR.

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HALL'S

JOURNAL

OF

HEALTH

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E. H. GIBBS, A.M. M.D., Editor,
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MONTHLY.

E. H. GIBBS, A. M., M. D., EDITOR.

FOUNDED IN 1854.

VENTILATION.



WHEN the air of a room is maintained as nearly as possible at the purity of the external atmosphere, it is well ventilated. In so far as it falls short of this standard it becomes detrimental to health.

The most contaminating ingredient of indoor air is carbonic acid gas; which is poured from the lungs at each expiration, each breath intensifying the impurity, so that the atmosphere of a crowded room or railway car soon becomes nauseating, particularly to a person who enters it from outside. The occupants themselves seldom notice the change that has taken place and generally seem unconscious of the risk to health they are subjecting themselves to.

There are constant emanations of effete matters from the entire surface of the body, and without which life could not be maintained: these add their impurities to the already vitiated air of a close room, thus forming a compound that acts insidiously on the system, contaminating the blood and lessening the power to resist disease. No human being can be subjected to these influences an hour without injury, whether he is conscious of it at the time or not. It is the source from which fevers come; and no doubt other diseases have been conveyed from one person to others under these conditions. If the germs of disease are still active after traveling for a considerable distance through the outer air, how much more potent must they be when inhaled at short distance, warm and fresh from the seat of disease? It is now a well determined fact, that a person with no pre-disposition to consumption is quite liable to contract the disease when exposed to it for some time in an illy ventilated house.

During three years we daily visited some of the hospitals of Paris. Sufferers from small pox occupied the same wards with other fever patients, and no one ever dreamed of taking the disease; but then the ventilation was simply perfect.

The first essential to health is a constant supply of pure, fresh air.

It promotes combustion in the system as a draught of pure air promotes combustion of fuel in a furnace. Carbonic acid gas destroys life; and it will quench a fire sooner than water.

HOW TO SLEEP.

Health and comfort depend very much on attention to matters that to some seem very trivial. We have sometimes heard persons complain that they did not sleep well; that they were troubled with horrible dreams, and arose in the morning weary and nervous. Inquiries as to diet, exercise and other essentials of health have often failed to reveal anything that could account for these unfavorable conditions.

It is not well in these cases to limit our investigations to the routine of a day; but we should inquire at what hour the patient goes to bed, what he thinks about usually, and most particular what position he places himself in to invite sleep? If he lies on the back with his hands over his head, there will be a half conscious sense of compression of the chest, with difficult breathing, to relieve which he opens his mouth. The air coming in direct contact with the throat, causes dryness, and then snoring will begin. In the meantime the pressure of the viscera on the large artery, whose course is along the inner portion of the back bone, impedes the circulation of the blood, producing discomfort which manifests itself in horrid dreams. Thus the whole night is passed in a disturbed sleep, and perhaps many nights pass without one of refreshing sleep. The most unwise course under such circumstances would be to resort to the use of opium or any other drug. The ranks of the victims of this unfortunate habit are recruited mainly from such cases as we have described. It is wonderful what control an individual can get over himself if he tries. There is no reason why a person cannot lie upon his side instead of the back, and keep his hands and arms down; then he will not open his mouth; then his throat will not become dry, neither will he snore or have bad dreams. But often he can't help thinking about his business, and his thoughts will run on for hours. This is also a habit that may be broken up. Have the will to put aside your thoughts, and in time you will have the power to do so.

We do not say that there are not other causes that habitually interfere with sound sleep; but we believe there is a remedy for each difficulty which may be found by seeking for it.

OSTRICH farming seems to be profitable in South Australia. Mr. W. Malcolm, at Gawler, keeps seventy-four ostriches, most of them reared by himself.

SIMPLE REMEDIES.



HALF a teaspoonful of common table salt dissolved in a little cold water, and drank, will instantly relieve "HEART-BURN" or DYSPEPSIA. If taken every morning before breakfast, increasing the quantity gradually to a teaspoonful of salt and a tumbler of water, it will in a few days cure any ordinary case of DYSPEPSIA, if, at the same time due attention is paid to the diet. There is no better remedy than the above, for CONSTIPATION. As a gargle for SORE THROAT it is equal to chlorate of potash, and is entirely safe. It may be used as often as desired, and if a little is swallowed each time it will have a beneficial effect on the THROAT by cleansing it and by allaying the irritation. In doses of one to four teaspoonfuls in half pint to a pint of tepid water, it acts promptly as an EMETIC; and in cases of poisoning is always at hand. It is an excellent remedy for BITES and STINGS of insects. It is a valuable astringent in HEMORRHAGES, particularly for bleeding after the extraction of teeth. It has both cleansing and healing properties, and is therefore a most excellent application for superficial ULCERATIONS.

MUSTARD is another valuable remedy. No family should be without it. Two or three teaspoonfuls of ground mustard stirred into half pint of water acts as an emetic very promptly, and is milder and easier to take than salt and water. Equal parts of ground mustard and flour or meal, made into a paste with warm water, and spread on a thin piece of muslin, with another piece of muslin laid over it, forms the often indispensable "mustard plaster." It is almost a specific for COLIC, when applied for a few minutes over the "pit of the stomach." For all INTERNAL PAINS and CONGESTIONS, there is no remedy of such general utility. It acts as a counter-irritant, by drawing the blood to the surface; hence in severe cases of croup a small mustard plaster should be applied to the back of the child's neck. The same treatment will relieve almost any case of headache. A mustard plaster should be moved about over the spot to be acted upon, for if left too long in one place it is liable to blister. A mustard plaster acts as well when at considerable distance from the affected part. An excellent substitute for mustard plasters, is what is known as "Mustard Leaves." They come a dozen in a box and are about four by five inches in size; they are perfectly dry and will keep for a long time. For use, it is only necessary to dip one in a dish of water for a minute and then apply it.

COMMON BAKING SODA is the best of all remedies in cases of scalds and burns. It may be used on the surface of the burned place, either

dry or wet. When applied promptly, the sense of relief is magical. It seems to withdraw the heat and with it the pain, and the healing process soon commences. It is the best application for eruptions caused by poisonous ivy and other poisonous plants, as also for bites and stings of insects. Owing to colds, over fatigue, anxiety and various other causes, the urine is often scanty, highly colored, and more or less loaded with phosphates, which settle to the bottom of the vessel on cooling. As much soda as can be dipped up with a ten cent piece, dissolved in half a glass of cold water and drank every three hours, will soon remedy the trouble and cause relief to the oppression that always exists from interruption of the natural flow of urine. This treatment should not be continued more than twenty-four hours. We have no more space to devote to this subject now ; but it is one of universal interest and we shall continue it. We shall endeavor to show that most of the diseases and accidents that are constantly occurring, could be remedied or avoided by resorting to such remedies and appliances as are to be found in every home.

TO THE PUBLIC.

We want ten thousand new subscriptions at ONE DOLLAR EACH. We therefore issue many thousands of extra copies, which we send gratuitously to every section of the United States and Canada ; and we only ask those into whose hands a copy may fall, to give it a fair and impartial perusal and then decide if it is possible to make a better investment with \$1.

The JOURNAL OF HEALTH has now commenced its thirtieth year. It is the oldest health publication in the world, and we can say without contradiction that it is the most popular, and the most extensively quoted by other publications.

The JOURNAL is essentially a publication for the people. It aims to convince—particularly the young—that there can be no assured success in the active affairs of life, and but little happiness, without sound health ; that in a vast majority of cases of feeble health in adults, the causes of their troubles may be traced to imprudences committed in youth, through ignorance. We desire most to attract the attention of the young to the pages of the JOURNAL. We know, however, that a publication devoted exclusively to discussions of health subjects would not be so attractive to these, or even to older persons, as one that also contained miscellaneous articles of interest to all, and therefore a portion of the JOURNAL is devoted to such articles. Our plan has always been to employ plain language, and to use as few words as possible to express our

meaning; and to this in a great measure we attribute the popularity of the JOURNAL: still another point of the greatest importance that parents should always have in view in the selection of reading for their children is the general tone of the publication.

There is a class of literature that is very demoralizing to the young, and whose effects are far-reaching and deplorable. The taste for this sort of reading is acquired through the facilities afforded at the present time of introducing it into almost every family.


The prime object of printing miscellaneous articles of interest in the JOURNAL is to counteract, as far as possible, the evil influence of bad books, by showing that a publication may be instructive and even attractive without being demoralizing in its tendencies.

EVERY NEW SUBSCRIBER WHO SENDS US ONE DOLLAR WILL RECEIVE THE JOURNAL OF HEALTH ONE YEAR. ALL PUBLIC INSTITUTIONS, SCHOOLS, SOCIETIES, ASSOCIATIONS, LIBRARIES, CLUBS, READING ROOMS OR ORGANIZATIONS whatever—not already subscribers—that will send us 50 CENTS—which is barely the cost of the paper before it is printed—will receive the JOURNAL OF HEALTH ONE YEAR. Any Postmaster who will send us \$2.00 with the names of two yearly subscribers, will receive a copy of the JOURNAL one year FREE. We are not aware that we have ever yet lost a dollar sent to us through the mails, and we do not think it necessary to register a letter containing so small a sum. Fractions of one dollar may be sent to us in United States postage stamps; we find the one-cent stamps most convenient and would prefer them.

Canadian subscribers may send Canada money; but we could not use Canadian postage stamps, as they could not use those of the United States. We advise new subscribers to keep this January number, if they desire to have the numbers for 1883 complete, for we may not be able to replace it. If the 12 numbers are sent to us at the end of the year, with 75 cents, we will have them bound in one volume and return postage paid. Address, HALL'S JOURNAL OF HEALTH; No. 135 Eighth street, New York.

WHEN, says Dr. Squib, the fixed stopper of a glass bottle resists all management—such as warming the neck with a cloth wet with warm water, by tapping and by the wrench, or by all these in combination—there is another means which will almost always succeed. Let the bottle be inverted, so as to stand on the stopper in a vessel of water so filled that the water reaches up to the shoulder of the bottle, but not to the label. Two or three nights of this treatment may be required sometimes before the stopper will yield.

CHANGE OF LOCATION FOR HEALTH.

HANGE of location for invalids is an important curative element of itself, without reference to change of climate. As a rule persons who have contracted diseases while residing near the sea, receive the most marked benefit by changing their residence to a location "inland," and beyond the influence of the salt air; on the contrary, people who reside inland, when health fails, are benefited by changing their residence to some point near the sea. This is most marked in diseases of the throat, and in less degree in diseases of the chest. But then in almost all diseases benefit is derived from a change of location, whether it be a point more or one less salubrious, than the place of departure. Now we believe that climatic changes have, ordinarily, very little to do with it, and that the improved condition is almost wholly due to pleasurable emotions excited in the mind by the new scenes and incidents which interest it and keep it occupied. This fact is an illustration of the power of the mind over the body. We see this power displayed in every act of our lives. What is called "moral force" is supreme, properly directed it would eliminate more than half the ills of life. But let the mind become chained to an idea, and all the skill of medical men is often powerless against it. Let a patient be thoroughly convinced that he is the victim of a fatal disease, and if in due time he is not convinced to the contrary, he may bring the disease upon himself or die from fears that—too late—have proved groundless. We would not discourage the use of medicines where their employment is plainly indicated; but there are thousands who are suffering from ailments that can not well be defined, and which affect both mind and body. The remedy is change. Go! no matter where. Do! no matter what, so long as it is worthy. In our opinion, the great mass of semi-invalids simply need a thorough shaking up. Give the Immortal Mind something better and nobler to do than to be constantly occupied with troubles that are imaginary.

RABIES.

[Translated from the French by the Editor.]

M. Pasteur finds in the saliva of rabies divers microbes. The inoculation of this saliva can cause death in three ways: death by the new microbe which we have made known under the name of *microbe of the saliva*, death by excessive developments of pus, death by rabies.

The *bulbe rachidien* of a person who has died of rabies, the same as of any animal that dies of rabies, is always virulent.

The poison of rabies is met with not only in the *bulbe rachidien*, but in other parts of the brain.

In order to develop rabies rapidly and surely it is necessary to inoculate the surface of the brain in the *arachnoid cavity* by the aid of the trepan.

Rabies communicated by injection of the matter of rabies in the general circulation offers frequently very different characteristics from those of the furious rage caused by biting or by trepanation, and it is probable that many cases of silent rabies have escaped observation.


M. Paul Bert referred to experiments he had made with the virus of rabies.

The saliva of mad dogs filtered through plaster and then inoculated remained inoffensive, while the portion remaining on top of the filter gave rabies, which proves, M. Paul Bert concludes, that this terrible malady is due to the presence of a *microbe*, as M. Pasteur has already announced. But it seems that the *microbe* of M. Pasteur has its habitual residence in the saliva, and M. Paul Bert does not recognize in the saliva the power to produce rabies. According to his view, the salivary liquid has never communicated rabies, while it does follow the inoculation of the mucous taken from the respiratory passages.

The conclusion seems to be that rabies is not produced by the saliva itself, but by the *microbes* that exist in the saliva, and that may be separated from it by filtration, leaving the saliva itself innocuous.

VULGAR HABITS.—Asking questions private and personal is a vulgar habit, and telling your own business, which no one wants to hear, is another. Asking the cost of a present that has been made to you, loud talking in public, hard staring at table, insolent disrespect to husband, wife, sister or brother, showing temper in trifles, and making scenes in public, showing an embarrassing amount of fondness, and making love in public, covert sneers, of which people can see the *animus*, if they do not always understand the drift; persistent egotism, which talks forever of itself, and cannot even feign the most passing interest in another, detraction of friends, and it may be of relatives, a husband telling of his unpleasantnesses, a wife complaining of her husband's faults, the bold assumption of superiority, and the servile confession of infinite unworthiness—all these are signs and evidences of vulgarity—vulgarity of a far worse type than that which eats its fish with a steel knife, and says "You was," and "Each of the men were."

DIET.

T is a popular idea that the majority of persons eat too much. If reference is made to the bad cooking generally in vogue in this country, it is probably true; but if it were practicable to make an estimate of the amount of food required by every individual, based on the energy expended in the mental or bodily activities of each, we believe the nutriment contained therein would rather fall below than exceed the reasonable requirements of the body, and that this inadequate quantity, together with its bad preparation, accounts in a great measure for much of the premature decay visible on every side. This practical age, with its gauges and tests, and its demand for reasons and for facts, has dispelled many false notions. The present generation of men cannot be made to believe that their forefathers attained an average age of eighty years by hard work and "hard tack;" but they do know that the average term of human life was ten years less in the last century than in the present.

There is no question so frequently asked of the physician as that which relates to diet; and there is none more difficult to answer. The answer almost always given, by one of the most prominent physicians in New York, is, "eat whatever you think you would relish." This reply is wise. Nature craves what will best agree with the system; and unless there is some special reason why it should be withheld, the desired food should be furnished if possible. One qualification, however, is necessary; and that is that the food requested should be wholesome and properly prepared. A patient just recovering from typhoid fever might crave an article of food to which he had always been accustomed, as for example, "mince pie,"—a dish most trying to the strongest digestive organs—and which, if then indulged in, would almost certainly result in a relapse that would prove fatal. A similar case once came under our observation as *consulting* physician. It is our firm conviction that no restrictions should ordinarily be placed on the quantity of food given, to any one, provided it is plain and nutritious food, properly cooked and taken at meal time. Young children require food more frequently, and are permanently injured by fasting between the regular meal hours. Never say no! to a child who asks food or water, it matters not how often. No person who has been habitually underfed in childhood can ever enjoy perfect health, nor is he likely to attain to old age. We see this truth exemplified in men and animals.

The use of food is not alone to nourish the body; it has another

most important office, which is to distend the stomach and intestines. If a horse were to be fed on oats or other concentrated food only, he would soon die ; and thus it would be with any other animal.

When a child is underfed, during years—as thousands are—its stomach becomes weak and contracted so that in time it has neither the strength nor capacity to contain sufficient nutriment for the wants of the system, and the child dies of “marasmus,” a disease common enough among the poor and degraded, and not altogether unknown in higher life, where errors in relation to the care of children are sometimes adhered to with most persistent obstinacy.

THE DIGESTIBILITY OF OYSTERS.

Why oysters should be eaten raw is explained by Dr. William Roberts in his lecture on “Digestion.” He says that the general practice of eating the oyster raw is evidence that the popular judgment upon matters of diet is usually trustworthy. The fawn-colored mass, which is the delicious portion of the fish, is its liver, and is simply a mass of glycogen. Associated with the glycogen, but withheld from actual contact with it during life, is its appropriate digestive ferment—the hepatic diastase. The mere crushing of the oyster between the teeth brings these two bodies together, and the glycogen is at once digested without any other help than the diastase. The raw, or merely warmed oyster, is self-digestive. But the advantage of this provision is wholly lost by cooking; for the heat immediately destroys the associated ferment, and a cooked oyster has to be digested, like any other food, by the eater’s own digestive powers.

“My dear sir, do you want to ruin your digestion?” asked Professor Houghton of Trinity College one day of a friend who had ordered brandy and water with his oysters in a Dublin restaurant.

Then he sent for a glass of brandy and a glass of Guinness’s XX, and put an oyster in each. In a very short time there lay in the bottom of the glass of brandy a tough, leathery substance resembling the finger of a kid glove, while in the porter there was hardly a trace of the oyster to be found.

CURE FOR IVY POISONING.—Bathe the parts affected with sweet spirits of nitre. If the blisters be broken, so as to allow the nitre to penetrate the cuticle, more than a single application is rarely necessary ; and even where it is only applied to the surface of the skin three or four times a day, there is rarely a trace of the poison left next morning.

FRESH MEAT FROM NEW ZEALAND.

The sailing vessel Dunedin, belonging to the Albion Shipping Company, lately arrived in the East India Docks, London, with the first consignment of frozen meat which has been sent to England from New Zealand. This shipment differs from all other importations of frozen meat, from the fact of having been made in a sailing vessel, which has been 98 days on the passage, during which time the holds of the ship containing the meat have been kept at about 20° below freezing point. The vessel has on board 5,000 sheep, and the apparatus for freezing was fitted up by the Bell-Coleman Mechanical Refrigerating Company (limited).

The meat was in fine condition, and the shipment has been managed by the New Zealand and Australian Land Company (limited).

The success of this refrigerating sailing vessel ought to lead to a great extension of the trade in tropical fruits between New York and the West Indies. By the use of a refrigerating machine the immense losses now experienced by our fruit ships may be wholly overcome, and the finest fruits may be delivered here in prime condition. Vegetables may also be brought from the South without loss.

FORCED FEEDING IN PHTHISIS.



THE practice known as forced feeding, or "super-alimentation," introduced by MM. Debové and Durjardin Beaumetz, Paris, has begun to attract some attention. This super-alimentation consists in forcing into the patient's stomach, by means of a sound large quantities of highly concentrated food. It was first employed in phthysical patients who could not retain food on the stomach when taken in the ordinary way. Strange to say, these patients endured the unpleasantness of stomach-tubes, kept down the injected food, and improved in health. The method has now been extended to cases of hysteria with vomiting, also to dyspepsia and to various wasting diseases when the stomach is rebellious.

The food used is chiefly meat-powder, which is administered in milk, or bouillon, to which eggs may be added. This meat-powder appears to be a really useful preparation, and as it need not be expensive, it will doubtless become more widely employed. It is made by taking lean meat, mincing it, spreading the paste on porcelain tables and letting it dry at a temperature of 90°C. This is then taken and pounded into a powder, when it is ready for use. The dose given at first is small, being about twenty-five grammes.

at a meal. This amount is gradually increased until between four hundred and six hundred grammes are given daily. Such a dose is the equivalent of about four pounds of fresh meat. The amount of meat in an averaged diet is only about one pound, and when it is remembered that the meat-powder is administered dissolved in two liters of milk, to which several eggs are added, the significance of the term "super-alimentation" will be understood.

Under such a diet the urine is diminished in amount, but the urea is greatly increased, sometimes reaching eighty grammes per day—the normal amount being 32.5 grammes with an average diet. Sometimes albumen appears in the urine. Diarrhœa may occur, in which case pepsin and bismuth are added.

Phthysical patients rapidly gain weight, we are told, when thus forcibly fed, there being often an average daily increase of from eighty to one hundred grammes. Cough and expectoration diminish, and reparatory processes take place in the lungs. We do not hear it stated, however, to what extent permanent cures are produced.

It is hardly probable that American œsophagi will tamely submit to the introduction of a tube *ter in die*, and it is difficult to understand how such a process proved sedative to irritable stomachs, except in hysterical cases. The meat powders, and the over-feeding however are sufficiently rational measures in many cases.—*Medical Record*.

THE CURE OF SACCHARINE DIABETES.

In a paper by Dr. G. Félizet, read before the Academy of Sciences, August 14, says the *Journal d'Hygiène*, the author claims to have discovered a remedy for a disease usually regarded as incurable—saccharine diabetes. The author states that he has succeeded in putting an end to glycosuria artificially produced in animals, and that the medicine that suppresses that artificial glycosuria will likewise cure diabetes in a few weeks or months. There exists, says he, a bond of union between artificial glycosuria, intermittent diabetes and confirmed diabetes, and that bond is irritation of the rachidian bulb. It is not, then, in masking the disease by submission to the severities of a regime exempt from bread, feculents, sugar, etc., that we succeed in curing it, but by tapping the very source of the production of sugar, that is to say, by suppressing the irritation of the bulb. Bromide of potassium, by the elective action of sedation that it exerts on the functions of the bulb, suppresses the effects of such irritation with a rapidity that is often surprising, and, in large and repeated doses, cures the diabetes.

TYPHOID FEVER AND MALARIAL WAVES AND THEIR RELATION.

In a recent monthly report, the Secretary of the State Board of Health of Connecticut gives statistics showing an increase in typhoid fever, and comments upon its relation to malaria as follows:

"This return of typhoid fever to prominence, and its steady increase in frequency for the last three years, is apparently a part of an extensive and comprehensive movement. As the epidemic of malaria was ushered in by a decrease, and in places almost, if not quite, a total disappearance of typhoid, this return of typhoid fever to its former importance and relative frequency is an intimation of the decrease and disappearance of malaria. The tendency toward typhoid fever commenced several years ago, and has steadily grown stronger each year, as shown by the increased prevalence, tendency to unusual frequency and severity, and the increase each year of deaths from this cause. As the decrease in the frequency of typhoid preceded the malarial wave, so its increase precedes the entire disappearance of malaria, or at least gives us some ground for hope that such a disappearance will take place. This disappearance of epidemics of malarial fever on a large scale has often been followed by an unusual prevalence of typhoid fever or an extensive epidemic. The epidemics of malarial fever of 1807 and 1824, which are stated to have extended over all Europe, were followed by typhoid fever." The writer thinks that the spread of malarial fevers over Connecticut, Massachusetts, and Rhode Island has ceased.

BLACK WALNUT LEAVES AS A REMEDY IN SCROFULOUS AND CACHECTIC AFFECTIONS.

Dr. Orlando C. Farquhar, of Zanesville, O., brings to the notice of the profession the great medicinal value and curative properties possessed by the leaves of the common black walnut. He says: "I am personally cognizant of very many cures that an infusion of the leaves of the common black walnut has performed after the skill and prescriptions of many excellent physicians had signally failed. This remedy has never, to my knowledge, failed to cure or greatly benefit whenever used. That is saying a great deal for walnut leaves, and yet such is the truth; and 'facts and figures are stubborn things.' My father, Dr. E. A. Farquhar, Sr., has continuously used this remedy for the last quarter of a century. With a reputation and practice coextensive with the boundaries of the State, he had frequent opportunities for testing the virtues of the remedy. As an alterative and depurative, possessing marked powers in the

cure of all scrofulous and cachectic affections, its value has often been demonstrated. Syphylitic ulcerations and squamous diseases of the skin soon yield to the effects of an infusion of the leaves of the black walnut. Chronic ulcers of the indolent kind have been cured with this remedy, after every other remedy had been exhausted without benefit. Our plan has been to wash the parts affected, if external, two or three times daily with the infusion, and at the same time take it internally. In cases of syphilis, I often combine or add to the infusion an alcoholic solution of hydrargyrum corrosivum, with good results.

"M. Negrier, professor of the school at Angers in 1841, published an interesting memoir on the use of walnut leaves in scrofula, which he regards, after numerous experiments, as one of the best anti-scrofulous remedies that we possess. M. Negrier, as well as several other medical men at Angers, had long been in the habit of employing a decoction of walnut leaves as a lotion for scrofulous sores.

"M. Negrier concludes his memoir with the following directions for the preparations of walnut: 'The infusion is made with an ounce of leaves to twelve ounces of boiling water. It may be sweetened with sugar or the sirup presently to be noticed. Two or three cupfuls may be given daily, or even five. The decoction is made with a handful of the leaves boiled fifteen minutes in a quart of water. The extract may be made in the usual manner from the dried leaves. For the sirup eight grains of the extract are mixed with thirty-two scruples of common sirup; infants and young children may take two or three teaspoonfuls in the day; adults three drachms. The pills may be made of the extract, four grains in each; from two to four in the day.'"

HOT AND COLD DRINKS.

A correspondent of *Knowledge* calls attention to some of the disadvantages of hot drinks. Cold drinks, he says, are natural to man, though most people now-a-days are so used to hot drinks that they do not feel satisfaction—really stimulation—unless they have them. Hot drinks are injurious to the tongue, for they deaden its sensation, and, after taking hot soup or drink, the tongue becomes quite numb, and unable to taste the finer flavors of a dish. The teeth are greatly injured by them, and many dentists say caries (decay) is due to them alone. They crack the enamel, and thus allow caries to set in. When caries has once set in, hot drinks are a common cause of neuralgia.

Hot drinks are specially hurtful to the stomach. They cause ir-

ritation of the nerves of the stomach and consequent mild inflammation of that organ, so that after a hot drink the stomach is red and congested ; in time a debilitated condition is set up. A temperature of 100 degrees Fahrenheit also destroys the active ferment of the gastric juice—pepsin—and so leads to indigestion. If the stomach is at all disordered, hot drinks give rise to much griping pain, and in many cases to vomiting.

In cases of diarrhœa, too, hot drinks only increase it, while cold ones tend to lessen it. Thirst is not common in winter, unless sugary, salty or hot-spiced foods have been taken. In cold weather the air contains more moisture than in hot, and in cold weather there is less perspiration. Hot drinks increase the volume of heat in the body, and if that is not required, it is quickly got rid of by the skin. Water is the best thirst quencher, but if simple food be taken the need of drinks will be small. Many vegetarians drink nothing from month to month, the only fluid they get being the juices of the fruits which they eat. But pleasant drinks, like tea, coffee, etc., may be taken lukewarm for a long time with little apparent damage. The least injurious is cocoa, made with plenty of milk, and allowed to stand until nearly cool. A good test is to apply the little finger to the drink, and if it be not to it, then it may be safely taken.

IMPROVEMENT IN CHIMNEYS.

The best chimneys are made by inclosing hard baked glazed pipe in a thin wall of bricks. Such chimneys will not only draw better than those made in the usual way, but there will be less danger from "defective flues." A four-inch wall of bricks between us and destruction by fire is a frail barrier, especially if the work is carelessly done or the mortar has crumbled from the joints. To build the chimneys with double or eight-inch walls makes them very large, more expensive, and still not as good as when they contain the smooth round flues. To leave an air chamber between them for ventilating, is better than to open directly into the smoke flue, because it will not impair the draught for the fire, and there will be no danger of a sooty odor in the room when the circulation happens to be downward, as it will be occasionally. The outside chimney if there is one, should have an extra air chamber between the very outer wall and the back of the fireplace to save heat, a precaution that removes to a great extent the common objection to such chimneys. A very large per cent. of fires come from defective chimneys.

THE ALASKA POSSIBILITIES.

The pressure to endow Alaska with a Territorial form of government evidently comes none too soon, if the recent reports of the mineral wealth of that region are to be relied on. Our Collector of Customs at Sitka says that lines of mines as large as the whole Comstock lode have already been brought into prominence. Last season a small party of surface diggers made \$250,000. The assertion is made that in Alaska the richest mineral region in the world will be developed. In addition to this are the valuable timber, seal and other fisheries and, in the southern part, agricultural resources of no mean qualities. If there should be such a thing as a rush to the alleged El Dorado, it would be well to have some laws in operation to give title to claims, decide disputes, and administer justice generally. It may turn out that the Seward purchase of 1867 will prove a most valuable investment after all.

It seems that the United States has been treating its acquisition from Russia rather shabbily. The Russians before the transfer supported something like a system of schools among the Alents, who became a comparatively intelligent people. Under our rule, or lack of it, this system has fallen to decay, and now but one or two schools remain. An effort is being made to secure a fund from the Government to revive these institutions and prove to the natives that they have not fallen wholly into the hands of barbarians. A very common error exists in regard to the climate of Alaska. In some very considerable section it is not uncomfortably cold, even in winter. At Sitka the mean winter temperature is 32.5° Fahrenheit and the mean summer temperature 54.6°. In other parts there is a very wide range of temperature during the year, it being very warm in summer and very cold in winter. At Fort Yukon it is said that the thermometer frequently rises above 100° in summer, and falls sometimes as low as 70° below zero in winter. Enough of the region is habitable certainly to permit people to live there if there is much money to be made by it.

The general impression of the extent of Alaska falls far short of the reality. In No. 2 of the circular of information issued within the year by the Bureau of Education, the facts, taken from an address of Dr. Sheldon Jackson, who has been interested in the cause of the schools there, are given. From the extreme north to the extreme south is 1,400 miles, or "as far as from Maine to Florida," From its eastern boundary to the end of the Aleutian Islands it is 3,200 miles, or "as far as from Washington to California, while the Island of Attu, at the end of the Aleutian chain is as far west of

San Francisco as Maine is east ; so that between the extreme eastern and western sections San Francisco is the great central city." The national capital, however, will never be removed to San Francisco for this reason, there is rather more of this territory which does not count than there is of it which does. Still there may be a chance to carve half a dozen ordinary territories out of the part which is worth something, and the governing process had better begin, under the circumstances, at once.—*Globe Democrat*.

BACTERIA.

Bacteria, whether significant of disease or decline of health, are found more or less numerous in everything we eat and drink. The germs or spores of many kinds, known as *termo*, *lineola*, *tenuis*, *spirillum*, *vibriones*, etc., exist in almost infinite numbers ; some of the smallest are too small to be seen by the highest powers, which, being lodged in all vegetable and animal substances, spring into life and develop very rapidly under favorable circumstances. They develop most rapidly when decomposition commences, and seem to indicate the degree or activity of that decomposition, also hastening the same. They are found most numerous in the *fæces*, and usually fully developed in the fresh evacuations of persons of all ages. They may be seen plainly under a thin glass with high powers, with strong or clear light, when the material is much diluted with water.

These bacteria appear almost as numerous, yet more slowly, in urine, either upon exposure to air or when freshly evacuated, when the general health of the individual is declining, or any tendency to decomposition. A diagnosis can be aided very greatly by a study of these bacteria, as they indicate or determine the vitality, vigor and purity of the system, whether more or less subject to disease, even before any signs of disease appear. They seem to preindicate the hold of the life force on the material, and always appear when that force is broken. Their relative quantity found in *fæces* is as a barometric indication of the general health or some particular disturbance, and it is surprising how very fast they multiply while simply passing the intestines under circumstances favorable for their growth. These forms, so small, are important, because so very numerous, and their study has been, perhaps, avoided by many ; yet they certainly mean something and effect something, even the non-malignant varieties as mentioned above, and it is certainly worth while to continue to study their meaning, even beyond what has already been written by others on the subject.—*J. M. Adams in the Microscope*.

SOME LARGE LENSES.

The thirty-inch objective for the great telescope of the Russian Observatory at Pulkova was lately tested at the establishment of the grinders, the Clarks, of Cambridgeport, Mass., and found to be fairly perfect. The flaw discovered before the grinding, due to imperfect cooling, has no effect on the definition, but lessens slightly the amount of light transmitted. The flaw is too slight to injure materially the efficiency of the lens, yet another block of glass, of the same size, has been ordered to be placed at the disposal of Professor Struve. For testing, the lens is mounted in a temporary telescope, forty-five feet long, and weighing, with its fittings, about seven tons. The lens weighs 450 pounds, will cost when finished \$60,000, and will be for a little while the largest in the world.

The largest object-glass in use is the 26-inch lens at Washington, with a focal length of 33 feet. Its light-gathering power is 16,000 times that of the unaided eye.

The Pulkova glass will soon be excelled by that of the Lick telescope, the disk of glass for which is now in the establishment of the Clarks. It is 38 inches in diameter and 2 inches thick. When ground and polished it will be reduced to 36 inches. The glass is optically perfect. It was cast at Paris, France, where the Pulkova glass was, and weighs a little over 374 pounds. The casting occupied four days and the cooling thirty days.—*Scientific American*.

WHEN TO EAT MEAT.

It is well known that the digestion of different kinds of meat is the more easily effected the longer the time that transpires after the death of the animal. The explanation given is, that by keeping, the muscular fibres become gradually dissociated; they soften, become less compact, and consequently are more soluble in the gastric juice. According to physiologists, however, it is not considered advisable to wait until decomposition sets in, because, in addition to its losing a great part of its nutritive qualities, the meat becomes so nauseous that no amount of cooking, or the addition of condiments, will much improve it. MM. Pasteur and Lemaire, in an interesting paper lately submitted by them to the Academy of Sciences, stated that meat too far advanced, or what is termed "faisandée," is most unwholesome, and it is a mistake committed daily by sportsmen to wait until the game gets into this condition, for it is then simply unfit to be eaten. The above-named biologists have shown that tainted meat contains animalcules, which do the work of transformation and destruction; and as it is difficult to ascertain exactly the

extent of putrefaction that the meat has undergone, one is liable to consume it just at the moment when it should be rejected. M. Pasteur and other micrographers are of the opinion that these animalcules, of which there are no less than thirty species, are of the same nature as those that are found in living animals suffering from virulent maladies, such as charbon, etc.—*Lancet*.

FACTS WORTH KNOWING.

That salt fish are quickest and best freshened by soaking in sour milk.

That cold rain water and soap will remove machine grease from washable fabrics.

That fish may be scaled much easier by first dipping them into boiling water for a minute.

That fresh meat, beginning to sour, will sweeten if placed out of doors in the cool air over night.

That milk which has changed may be sweetened or rendered fit for use again by stirring in a little soda.

That boiling starch is much improved by the addition of sperm, or salt, or both, or a little gum arabic, dissolved.

That a tablespoonful of turpentine, boiled with your white clothes, will greatly aid the whitening process.

That kerosene will soften boots and shoes that have been hardened by water, and will render them pliable as new.

That clear boiling water will remove tea stains; pour the water through the stain, and thus prevent its spreading over the fabric.

That salt will curdle new milk, hence, in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

That kerosene will make your tea-kettle as bright as new. Saturate a woollen rag and rub with it. It will also remove stains from the clean varnished furniture.

That blue ointment and kerosene, mixed in equal proportions and applied to bedsteads, is an unfailing bug remedy, and that a coat of whitewash is ditto for a log house.

That beeswax and salt will make your rusty flat-irons as clean and as smooth as glass. Tie a lump of wax in a rag and keep it for that purpose. When the irons are hot, rub them first with the wax rag, then scour them with a paper or cloth sprinkled with salt.

REMEDY FOR CATARRH.—Take burnt alum and put it in water (make it quite strong with alum) and snuff it up in your head. Do so two or three times a day until relieved.


MYRA MAY.

BARABOO, WIS.

THE RAILWAYS OF THE WORLD.

The lines of railways in the five divisions of the earth cost, in round numbers, \$16,000,000,000 ; and would, according to Baron Kolb, reach eight times round the globe, although it is but little over half a century since the first railway worked by steam was opened between Darlington and Stockton, Sept. 27, 1825, and between Manchester and Liverpool, Sept. 15, 1830. It is shown that in France, previous to the existence of railways, there was one passenger in every 335,000 killed, and one out of every 30,000 wounded ; whereas between 1835 and 1875, there was but one in 5,178,890 killed, and one in 580,450 wounded ; so that we may infer that the tendency to accidents is yearly diminishing. Railway traveling in England is attended with greater risk than in any other country in Europe. A French statistician observes that, if a person were to live continually in a railway carriage, and spend all his time in railway traveling, the chances of his dying from a railway accident would not occur till he was 960 years old.

THE OBJECTS AND METHODS OF MEDICATION.

 IS generally conceded that medication is justifiable, only when there is reasonable hope that the benefits to be expected are greater than the injury that strong medicines often inflict. The object may be to remove costiveness by the use of some simple substance, as salts ; or to relieve the stomach of its contents by means of remedies as simple as mustard or common table salt. Strictly speaking, this is not medication ; it is relieving the system of what oppresses it by methods that are simply mechanical. But medicines are those substances that produce changes in the system through their action on the general circulation. There are remedies that have a specific action on certain diseases, when properly administered ; they enter the circulation and destroy disease in its strong-hold. At the head of this list of alterative medicines stands mercury and the iodides. Quinine will prevent or cure intermittent fever ; and opium will relieve pains. It is of less importance to the physician to know the silent methods by which remedies produce their impressions, than to know how to apply them most judiciously and safely.

It would seem that when it becomes necessary to use drugs to combat diseases, it is desirable to get them to the point required as soon as possible and before the malady has time to make much head-way. Yet, strange to say, the road usually taken is the

longest; it is that via the mouth to the stomach, where the medicines are mingled with its contents, thus undergoing chemical changes and dilution by contact with the gastric fluids, and then they must pass through the portal circulation before the active principle that remains can reach the general circulation; this often requires hours, while the remedies if applied to a mucous surface, or hypodermically, would enter the circulation in a few minutes.

Hypodermic medication is hazardous when morphine is used, probably because its full power is quickly exerted. All things considered, we believe the best way to administer most remedies is by SUPPOSITORIES. We in this way have no waste, the medicines being entirely absorbed by the mucous membrane in contact with it; the effect is not produced so rapidly as by hypodermic injections, nor so slowly and wastefully as by the stomach; still it must be remembered that one quarter grain of morphine or five grains of quinine will have as much effect when applied in suppositories as double these quantities taken by the mouth. In cases where the stomach will not tolerate food, life may be sustained indefinitely, by using HOLLOW SUPPOSITORIES filled with food extracts.

A COAL-ECONOMIZER.

Mr. Pridgin Teale says truly that our present open fire-places are all on the furnace system, and advocates the adoption of a remarkably simple plan, which converts them at once into slow combustion grates. A plate of iron to inclose the space between the hearth and the lowest bar of the grate is all that is wanted, or, in his own words, "a simple shield resting on the hearth and rising as high as the bottom bar of the grate." It costs two or three shillings, and requires no fixing or "man's time." The economizer makes three tons of coal do the work of four. By its universal use in the Leeds Infirmary it saves £100 a year in coal. It consumes all cinders, and leaves at the bottom of the grate a fine ash, valuable to farmers. It is reckoned that if everybody in the United Kingdom converted his fireplace into a slow-combustion grate, on the principles laid down by Mr. Teale, there would be a saving in the consumption of coal of nearly 9,000,000 tons in the year. Having heard of the economizer a few months ago, I got Jones, of Down street, Piccadilly, to put one into my kitchen stove and drawing-room fireplace, and have found no discontent expressed below, and much satisfaction felt above, as the fire keeps in regardless of much attention from the butler, and always looks cherry and bright when I come home.

MIGRATION OF FISH.

Dr. Keller, in a communication sent to the Swiss Geographical Society, from Suez, gives some interesting points on this subject. In the twelve years that have elapsed since the opening of the Suez Canal, the interchange of animal life between the Mediterranean Sea and the Indian Ocean has not reached the dimensions at first anticipated, still a number of smaller fish have found their way from the Mediterranean to the Red Sea. A greater desire to travel in this direction than in the opposite one seems to prevail. A very interesting fact has, however, been established, namely, that the real pearl oysters are traveling through the canal, not a few straggling outposts, but large trains moving regularly along. As they have not yet reached the Timsah lake, it will be one or two decades before they will be established in the Mediterranean.

IN the Khoyna district, India, which comprises a considerable portion of the Sunderbunds, more than fifty people—timber cutting and collecting in the jungle—were killed by tigers during the last official year.

THE gradual emancipation of the slaves in Brazil has not only permitted the country to prepare itself for the adoption of free labor, but its influence on immigration has also been most marked. From 1864 to 1872 the average yearly number of immigrants was under 9,000. In 1872 a law was passed in favor of gradual emancipation, and from that date to 1879 the immigrants averaged very nearly 23,000 annually—almost three times the average before the enactment. The next two years showed nearly the same results; but then a notable increase was observed, and from the 1st of January to the 31st of December, 1881, 39,784 immigrants landed in Brazil.

GREAT is the audacity of the young American. The latest instance of this fact is related by the *Troy Times*: "The four-year-old daughter of a well-known divine of this city is disposed to be dictatorial in a cunning way with her older brothers and sisters. While she was acting the wee tyrant over her brother, the other day, her father decided to rebuke her for the first time, and eloquently set forth to her the kindness of her brother, and her duty to be kind in return. When the exhortation had ended, the little auditor, with tearful eyes and frame trembling with emotion, strode up to her venerable sire, and striking an attitude, said, between her sobs, 'Y-you use too m-many words.' The father vainly endeavored to suppress his laughter as he went to his study and proceeded to cut down his next Sunday's sermon."

HEALTHY HOMES.

Robert Rawlinson, C. E., has given the following admirable rules for securing healthy houses, in his "Letters and Papers on Sanitary Questions."

The following are rules that should be attended to:

The subsoil beneath a house should be naturally dry, or it should be made dry by land draining.

The ground floor of a house should not be below the level of the land, street, or road outside.

A site excavated on the side of a hill, or steep bank, is liable to be dangerous, as external ventilation may be defective, and the subsoil water from above may soak toward and beneath such houses. Middens, ashpits, and cesspools, if at the back, must also taint such basements.

The subsoil within every basement should have a layer of concrete over it, and there should be full ventilation.

Cesspools, cess-pits, sink-holes, or drains, should not be formed nor be retained within house basements.

The ground around dwelling-houses should be paved, flagged, asphalted, covered with concrete, or be graveled.

Outside channels should be in good order, and be regularly cleansed.

House eaves should be guttered and spouted.

Swill tubs should not be near doors or windows.

Pigsties should ever be at a distance; and, where pigs are kept, there should be rigid cleanliness. Improperly keeping pigs has caused more human sickness and destroyed more life than all the battles the country has been ever engaged in.

Garden plats should, of course, be in order, and be property cultivated.

Many houses, from the mansion to the cottage, are unwholesome for some of the following reasons :

1. Damp and unventilated basements.
2. Cesspools and foul drains within the basement.
3. Rotten timber in floors and skirtings and tainted wall papers.
4. Kitchen sinks in improper places and unventilated.
5. Water closets in improper places and unventilated.
6. Rooms without adequate means for ventilation.
7. Water cisterns and pumps in improper places, supplying contaminated water.

These defects should be remedied by landlords. Houses are also

unwholesome from accumulated dirt, carelessness, and personal neglect. As when :

1. Rooms are not sufficiently cleansed.
2. Carpets are left down too long and never swept.
3. Windows are seldom opened.
4. Water closets are dirty, neglected, and without ventilation.
5. Dirty beds are unmade and shrouded by dirty hangings.
6. Dirty wardrobes, and dirty clothes' closets.
7. Nooks corners and shelves which are never dusted.

There are points of construction to be attended to which I will name, so as to put them on record for the remembrance of those who may, at some time or other, build cottages or small houses, or be in communication with those who do build, or are going to do so.

Do not build on heaps of rubbish, fillings in with cesspool refuse, chemical waste, or on swampy ground which cannot be drained. Thousands of houses have been so placed, and are now being so placed in the suburbs of our towns.

A bed of concrete over the site of cottages will vastly modify otherwise objectionable positions ; but, indeed, a bed of concrete should be used in all cases.

To ventilate stairs and passages, open the staircase or passage window, or both, by drawing down the top sash several inches in summer, one or more inches in winter, and in some cases screw the sash fast, so that these windows must be open all the year round ; if there is a skylight above the staircase, let there be ventilation here which cannot be closed. The result will be improved health to the family. Pay no attention to any casual remark, "How cold your staircase is !" Let the ladies put on an extra shawl. But the remark will seldom be made.

Schools, as a rule, are very defectively ventilated, ordinary flat-ceilinged rooms are totally unfit for public schools. The space should be open up to the roof-ridge, and this should be louvered.

Nurseries and children's rooms should be permanently ventilated. Dormitories for children should have ample ventilation ; clothe the children warmly, cover the beds warmly, prevent direct draughts, and the cool air will not injure.

Avoid flue ventilation of every sort ; let the fresh air come in as direct as possible. Night air is the only air you can have at night, so do not fear it. Dread foul, because tainted, air manufactured within the rooms. Any outside fresh air is better than lung and skin tainted inside air.

THE COMMON MUSHROOM AND ITS POISON.

The current belief is that, while many fungi are virulently poisonous, others, including the common mushroom, are free from poison, and may be eaten in any quantity. When mushroom eaters show symptoms of poisoning, it is accordingly assumed that a blunder has been made, and noxious species taken for or with wholesome ones. The fact that an eminent English fungiologist is numbered among those who have lost their lives by the alleged mistake, would seem to throw grave doubt upon blunder theory, unless it be true, as some have held, that the edible species are mimicked by those that are poisonous so closely that the most expert is liable to misjudge them. The fear that this may be the case deters many from making any use of this savory and nourishing but treacherous vegetable.

At this season, when the fields abound with wild mushrooms, and when multitudes might find in them a cheap and enjoyable addition to the daily bill of fare if they were not afraid to eat them, it is a matter of considerable importance to have the real standing of fungi as food stuffs made clear.

According to recent investigations by Prof. Ponfick, of Breslau, the question seems to be, not how to distinguish poisonous from harmless species, but how to treat mushrooms of every sort in such a way as to remove or neutralize the poison which they all contain, with the proper precaution of using this class of food stuffs at all times with moderation.

Professor Ponfick finds that repeated washing with cold water removes most of the poison of mushrooms, and cooking, especially boiling, dissolves out the rest. The water in which mushrooms are boiled, however, is always poisonous, more so even than raw mushrooms. Experiments made upon dogs showed that if a dog ate one per cent. of its own weight of raw mushrooms it fell sick, but recovered; one and a half per cent. produced violent illness; and if the dog ate two per cent. of its weight, the result was always death. Of boiled mushrooms, dogs ate ten per cent. of their weight without harm. When the mushrooms were well washed with cold water, a larger quantity could be eaten raw without bad effects than was possible with those that were not washed; but simple washing never removed the poison entirely. Dried mushrooms were found to be dangerous for twenty days, and also the water in which such mushrooms had been boiled. They were not really safe until after four months' drying.

The moral is: treat all mushrooms as poisonous; carefully throw

out the water in which they have been washed or boiled ; cook them well, and never eat them in large quantities. If men are no more susceptible than dogs are to the poison, a man can as safely gorge himself with well-boiled mushrooms as with beef or any other highly nitrogenous food. When otherwise cooked, or when the species is doubtful, a sparing use is always prudent.

The fact that all mushrooms and allied growths are more or less poisonous should be no bar to their use as food, proper care being taken in the cooking and eating. The common potato is not free from poison, and the juice of the root from which tapioca is made is a virulent poison. The latter poison is expelled by heat, and the former is in quantity too small to be harmful, as is the case with many other useful vegetables.

In preparing mushrooms for the table, safety is assured, not by looking for specific characteristics supposed to indicate harmlessness, but in considering all as poisonous and requiring judicious treatment to destroy or remove their noxious qualities. This properly attended to, mushrooms and many other fungi are not only edible, but really delicious and valuable food stuffs.

THE average birth rate per annum in France for the period between 1872 and 1880 has been calculated to be one birth for 37 inhabitants, which is by far the lowest birth rate in Europe. For the different countries the birth rate is as follows : Russia, one birth for 20 inhabitants ; Germany, one birth for 25 ; Austro-Hungary, one birth for 26 ; England, one birth for 27 ; Italy, one birth for 27 ; Spain, one birth for 28 ; France, one birth for 37. If the yearly number of births for any thousand inhabitants be calculated, we have precisely the same result. We have in France, 26 births per 1,000 ; Belgium, 32 ; England, 35 ; Austria, 38 ; Prussia, 38 ; and Russia, 50.

THE known attempts on Louis Phillippe's life were as follows : Bergeon, on the Pont Royal, December, 1832 ; Fieschi, infernal machine, Boulevard, July, 1835 ; Alibaud, court of the Tuileries, June 1838 ; Meunier, Quai des Tuileries, December, 1836 ; Champion, an abortive infernal machine, Qui de la Conference, 1837 ; Darmés, near the Pont de la Concorde, October, 1840 ; Quenessit, who shot at the three princes, September, 1841 ; Lecomte, Fontainebleau, August, 1848 ; Henri, on the balcony of the Tuileries, July, 1847. It should be cheering to uneasy crown wearers to reflect that the object of these attacks escaped scatheless, and died in the eighties, in the peaceful seclusion of a very luxurious English country house.

PHYSICAL EXERCISE.

A lecture under the auspices of the Edinburgh Health Society was lately delivered by Dr. Charles Cathcart, Lecturer on Anatomy in the Edinburgh School of Medicine, on "Physical Exercises ; their Place and Function." Dr. Cathcart, after defining physical exercise as to the "action and use of our bones and muscles," went on to explain the anatomy of the muscles, the manner of their attachment to the bones, and their great capacity of contraction—it being stated that the body was arranged into about 400 separate muscles of various sizes and shapes. No muscle could contract unless stimulated by a nervous impulse coming from the brain or spinal cord. Each muscle had its own particular action, but no muscle ever contracted by itself. They could thus see that the exercise of one part of the body indirectly told upon many others which they did not suspect. Hence the value of vigorous walking, for instance, with the swing of the arms, the balance of the body, and the action of the legs ; but hence, also, the danger of movements which were one-sided and often repeated, producing the constant and associated action of certain groups of muscles, which might bring about changes in the bones and alterations in form which no one would suspect.

Going on to consider the effect of muscular exercise on the various functions of the body, Dr. Cathcart first noted the changes it caused in the respiration. They were all familiar with the fact that exercise not only made the heart beat quicker, but caused them to breathe more rapidly and freely and at the same time the amounts of carbonic acid and watery vapor exhaled were much increased. Under ordinary circumstances it had been found that a man drew in 480 cubic inches of air per minute ; if he walked four miles an hour he drew in 2,400 cubic inches, and if six miles an hour, 3,360 cubic inches. The muscles, in contraction, used more oxygen and gave out more carbonic acid, consequently a greater demand was made on the lungs. More air was required, and the blood must be driven the faster through them ; and that accounted for the shortness of breath and beating of the heart which accompanied any muscular action.

If they looked at the demands made upon the air while a person was taking exercise, they would see how very important it was that the air should be not only large in amount, but also exceedingly pure in quality. Let them take, as an example, an ordinary dancing party. There were more people in the room than it was intended for ; the whole company exerted themselves violently—certainly as

much as would be equal to walking four miles an hour—and what was the consequence? Not only did they now require five times as much air as they did before, but they were using up the oxygen, and giving out the carbonic acid at a relatively much increased proportion—while people were afraid to open the windows in case of draughts. When they remembered that that was almost carried on in a blaze of gas light, every burner of which used as much air as four or five men, they could see that those entertainments required serious attention and careful management: if they were to be conducted on sound principles of health.

Emphasizing the point that during exercise the lungs should have the freest possible play, the lecturer said he had been furnished from good authority with an illustration of the effects of custom *versus* humanity and sense in the late Egyptian war. A body of soldiers and another of marines had to make a march of three miles under the burning sun. The soldiers had their tight-fitting jackets, the marines their loose and free costume. Before the march was ended 130 of the soldiers had fallen out, while every man of the sailors continued in his place. He knew of no other difference between the two sets of men but the costume.

The effects of physical exercise on the circulation and on the nervous system were next in turn considered. As to the first as any unwonted strain must act injuriously on the heart, necessity existed for beginning gradually and systematically any exercise which involved unusual exertion. On the latter point, the reasonableness of relaxation and rest to the brain was insisted on, and muscular exertion commended as one of the best cures of mental overwork. That brain and muscle could be developed at the same time was illustrated by a reference to the oarsmen of Oxford and Cambridge; and the intelligence of the working classes was also cited as a proof that hard and constant physical labor in no way tended to depreciate the quality and strength of brain power.

As to the effects of exercise in expanding the chest some striking facts were given, not the least interesting of which related to a school where physical exercise had been systematically carried out. The effect of regular exercise was shown as follows: New boys, age 14, average chest measurement, 29.3; at 15, 30.6; at 16, 32.0; at 17, 32.6; and at 18, 32.5; while former boys measured respectively 30.6, 32.1, 34.2, 35.8, and 36.8.

In conclusion Dr. Cathcart laid down some rules for regulation of physical exercise: 1. It should be conducted in an abundance of fresh air and in costumes allowing free play to the lungs, and of a material which will absorb the moisture, and which, therefore, should

be afterward changed—flannel. 2. There should always be a pleasant variety in the exercise, and an active mental stimulus to give interest at the same time. 3. The exercise should as far as possible involve all parts of the body and both sides equally. 4. When severe in character, the exercises should be begun gradually and pursued systematically, leaving off at first as soon as fatigue is felt. 5. For young people the times of physical and mental work should alternate, and for the former the best part of the day should be selected. 6. Active exertion should be neither immediately before nor immediately after a full meal.

SOLIDIFIED TEA.—One hundred grms. of ground sugar and 10 grms. starch sugar are boiled with the quantity of water required for solution, until the mass becomes tenacious, but yet remains transparent. After cooling, 50 grms. of tea previously mixed with 50 grms. of dry sugar, are added. The plastic mass is pressed into moulds, and when solidified forms the preserved tea.

DR. FRANZIUS finds that the tooth most often affected by decay is the third molar, such cases forming one-half of the total number. The teeth begin to decay in a certain successive order, the lower third molar being first attacked, then the upper, then the lower fourth molar, and so on, the incisors and the canine teeth of the lower jaw being the last reached. The upper teeth are more durable than the lower, in the proportion of three to two. The right teeth show a greater vitality than the left. The durability of teeth is less in light persons than in dark, and less in tall than in short persons. These results were obtained by an examination of 650 Russian soldiers, of whom 258 had unsound teeth.

ANOTHER pet idea in natural history must go. The kangaroo does not stand upon a tripod, nor make his vast leaps by spurning the ground with his tail. To prove this, a band of kangaroos obligingly crossed a space of wet sand in the presence of Mr. Nicolls, an Australian naturalist, and left exact impressions of their tracks. Only one accidental mark showed an impress of the tail upon the sand, though the great hind feet left deep tracks, some of which showed 20 feet as the average length of the leaps, which is believed to be often exceeded. Mr. Nicolls believes, however, that the massive tail performs an important part in balancing the body and bringing it to the point of departure for each successive stride, and, so far as can be observed during the excitement of the chase, appears, by being swung to one side, to help the animal in making those sharp doubles which confound the best dogs.

FEMININE DEFORMITY.

The extraordinary perversion of taste and sense proved by the general opinion of what is desirable in female form may go far to prove that the principle of evolution is balanced by that of retrogression. The cave-men have left proofs of the possession of faculties not possessed by savage people of the present day, which may be taken as showing in the case of those who, incapable of improvement, die out before the march of civilization, that these latter are not going over the same ground of progress, but relapsing from a superior condition. The singular state of ideas respecting beauty of form in all modern civilized countries can hardly imply anything but retrogression in one of the senses at least. Judging of the opinion of the ancient Greeks as expressed in their sculpture, a modern, ideal, well-dressed young lady, probably by nature's intention as fine, or finer, than anything they ever saw, would be to them, could they revisit the earth, a subject of amazement! Tiny hands, white till they look bloodless, and pointed nails; feet with no more shape than a spoon; but, above all, a waist like a pipe, having scarcely any natural reference to the form above or below—in reality, hideous! The deeply-rooted preference for this deformity must surely be a mark of retrogression.

It is common for deluded mothers, looking at the grandly growing girl, to say, "The child is becoming a monster! she must be immediately put into stays." A little girl of twelve, being for the first time jammed into the abomination, complained that she could not breathe. The answer of her mother's French maid was, "*Il faut souffrir pour être belle*," and so commenced the deformity of the poor child's body and mind. There ought to be no such thing as a waist as now understood. In early youth flexible slimness is a natural characteristic, later it does not commonly exist, being replaced by a beauty of greater dignity; and when a small waist is formed by art it is at the expense of health and beauty. Every young lady who compresses her waist out of its natural shape and size should be made to understand that she does it at her peril, whether she feels the pressure or not, for from habit she may not be at all times conscious of it; she should know that she will pay a fearful price in loss of health and height and elasticity of movement, without which there can be no healthy pleasure and no real beauty. The test of beauty of form is the effect of the silhouette, and whether it will go well into sculpture; in fact, the effect of the lines bounding the shape. Compression on one place must produce corresponding expansion in another, except indeed in the disastrous crushing in of the

ribs, which give way internally, sometimes entering the lungs. The ampler the form the less can good taste consent to compression. The sudden bulges and violent amplitudes which are the consequence of unnatural restrictions, are distressing alike to the sense of beauty and modesty—positively ugly—nature avenging herself! General amplitude is indeed far from ungracious, but, on the contrary, carries a dignity that is pleasant to look upon; but short, violent curves are eminently ugly.

DANGEROUS.

A young woman employed as a dancer in a traveling company of players, died suddenly a week or two ago, killed, the physician said, by the poisoning of her blood from the paints used in making up her face for the stage.

It is known that a famous clown and pantomimist died of softening of the brain, induced by the pigment used to give his face its chalky whiteness.

The ill effects of such applications are not confined to actors, who use them as one of the appliances of their business. Modest young girls “make up” their faces for the ball-room, or the street, whitening the skin, blackening the brows, removing superfluous hair, etc., by means of antimony, bismuth, white lead and other poisonous compounds.

The poisons do not necessarily kill, though sometimes they produce physical conditions that may lead to death; but before middle age they leave the skin dry, yellow and cracked, and induce headaches and dimness of sight.

In the Southwest still more dangerous methods, it is said, are resorted to for the purpose of improving the complexion. Arsenic is often taken habitually, and belladonna is inserted into the eyes in order to enlarge the pupils, although the victim while under its effects is purblind, and runs the risk of becoming blind altogether.

The worst agents in propagating these practices are paragraphs and advertisements in the newspapers, recommending cosmetics, depilatories and anti-fat medicines. A moment's reflection should teach persons who are inclined to use the latter compounds, that a medicine powerful enough to remove the fatty deposits of the body in a week or fortnight, or even in somewhat longer time than that, must also destroy the tissues. Death has resulted from their use, and low fevers are not infrequently produced by them.

It is said that the women in Paris, whose only capital is their beauty, preserve it by rigorous attention to daily bathing, to exercise and to sleep. Let American girls take the hint, regardless of the source from which it comes.—*Youths Companion*.

A RUSSIAN ICE PALACE.

The idea of the Montreal ice palace is not a new one. Nearly one hundred and fifty years ago its prototype was erected at the whim of the Empress Anne, who reigned from 1730 to 1740. One of the nobles, Prince Galitzin, having changed his religion, was punished by being made a court page and buffoon. His wife being dead, the empress required him to marry again, agreeing to defray the expense of the wedding herself. The prince, true to his new character, selected a girl of low birth. This was in the winter of 1739-40, which was one of extraordinary severity. By her majesty's command, a house was built entirely of ice. It consisted of two rooms, and all the furniture, even to the bedstead, was made of the same material. Four small cannons and two mortars, also of ice, were placed in front of the house and were fired several times without bursting, small wooden grenades being thrown from the mortars. On the wedding-day a procession was formed, composed of more than three hundred persons of both sexes, whom the empress—desirous of seeing how many different kinds of inhabitants there were in her vast dominions—had caused the governors of the various provinces to send to St. Petersburg. The bride and bridegroom were conspicuously placed in a great iron cage, on the back of an elephant. Of the guests (all of whom were dressed in the costume of their respective countries), some were mounted on camels, others were in sledges—a man and woman in each—drawn by beasts of all descriptions, as reindeer, oxen, goats, dogs, hogs and the like. After passing before the imperial palace, and marching through the principal streets of the city, the motley cavalcade proceeded to the Duke of Courland's riding house, where dinner was served to each after the manner of cookery in his own country. The feast over, there was a ball, those from each nation having their own music and their own style of dancing. When the ball was ended, the newly-married pair were conducted to their palace of ice, and guards were stationed at the door to prevent their going out until morning. The building is said to have lasted uninjured, in that cold climate, for several months.

No forest fell

When thou would'st build; no quarry sent its stores
To enrich thy walls; but thou did'st hew the floods,
And make thy marble of the glassy wave.

COWPER.

GLOVES are going out of fashion for ladies in Paris. Men left off wearing them years ago.

CONSTIPATION.



CONSTIPATION becomes alarmingly frequent as people acquire the means of living luxuriously without regular manual labor. It is still more frequent among persons who become so through ignorance of the penalties that follow a want of attention to the regular demands of nature.

When fecal matter is retained in the rectum more than twenty-four hours, it commences its destructive work, notably in two ways. *First*, It is absorbed into the system, and acts as a blood poison. One of the worst results from blood poisoning from constipation is to cause disease of the mind, varying from habitual moroseness to actual insanity. *Second*, By its accumulation and impacting in the lower portion of the rectum it interrupts the circulation of the blood in the adjoining parts, and may produce, from this cause alone, piles, fistula, inflammation of the bladder, disease of the prostate gland, or cancer of the rectum. In fact, most of these diseases are developed in this way. To a very great extent we hold our health and happiness, even our lives, in our own hands. If we sacrifice health and life through our ignorance, or indifference, we pay the penalty through suffering, more severe because more prolonged than instant destruction. From whatever cause, there is, unfortunately, great ignorance in regard to the laws of health among a class of people who are otherwise intelligent. How many parents are there who look carefully to the habits of their children, upon which all that will make life desirable for them so much depends? Cathartics and clysters should not be used in constipation. They increase the trouble.

That which has, perhaps, met with most general favor relates to the diet. Certain foods have been regarded as specifics for this complaint, and particularly "Graham bread." This often induces activity of the bowels, but it ruins digestion like other cathartics, in a manner which we have heretofore fully explained in the pages of this journal. Kneading the bowels has sometimes afforded relief, but it affords no permanent benefit, as a rule. We have, however, found a remedy for constipation and for piles which is always safe, and is attended with no inconvenience or discomfort. We have prescribed it in hundreds of cases. It has usually afforded prompt relief, and many patients who have suffered for years believe that they have been permanently cured of constipation by its use. This remedy is "Nelaton's Suppository." It is prepared and sold by Hall & Ruckel, wholesale druggists, 218 Greenwich street, New York, at 50 cents and \$1.00 a box, and is sent free by mail on receipt of price.

THE FORMULA FOR THESE SUPPOSITORIES IS PRINTED ON EVERY BOX.

A WORD TO THE PROFESSION.

The Pall Mall Electric Association, of London, are desirous of inducing every Physician and Surgeon to practically test DR. SCOTT'S ELECTRIC BRUSHES, and convince themselves of the true merit of the Articles, and recommend them accordingly.

With a view to this, we have decided to supply Physicians, Surgeons and Dentists with a sample of either our Electric Hair or Face Brush, and cordially invite you to communicate with us and obtain a sample.

Subjoined are a few testimonials from prominent parties, who have tried our Brushes and found them to be just as represented.

We venture to assert, most emphatically, that the Brushes will cure or relieve in 5 TO 10 MINUTES NINE OUT OF EVERY TEN CASES OF ORDINARY HEADACHE AND NEURALGIA.

It is Warranted to

CURE NERVOUS HEADACHE IN 5 MINUTES !!

CURE BILIOUS HEADACHE IN 5 MINUTES !!

CURE NEURALGIA IN 5 MINUTES !!

PREVENT FALLING HAIR AND BALDNESS !!

CURE DANDRUFF AND DISEASES OF THE SCALP !!

PROMPTLY ARRESTS PREMATURE GRAYNESS !!

MAKES THE HAIR GROW LONG AND GLOSSY !!

IMMEDIATELY SOOTHES THE WEARY BRAIN !!

MONEY RETURNED IF NOT AS REPRESENTED !!

From Rev. J. Q. Adams,
Pastor Walnut Street
Presbyterian Church,
Evansville, Ind.
121 Walnut St.,
Evansville, Ind.,
Nov 1, '80.

Dear Sir:—I am much pleased with your Dr. Scott's Electric Hair Brush. I have been a great sufferer from headache for many years. Nothing that I have ever tried has given me the relief I find from this brush, and I feel that it has already paid for itself handsomely.
(Rev.) J. QUINCY ADAMS.

THESE ARE
PURE BRISTLE
Not Wire Brushes

Fac-simile of Brush.

Made of Pure Bristles, not wires—elegantly Mounted and Carved Back.

From
Rev.
Dr.
Bridge-
man.
Brooklyn,
June 1, '81.

Gent:—I have never before given a testimonial, but am willing to encourage the use of an honest remedy. I am so pleased with your Hair Brush that I deem it my duty to write you, recommending it most cordially. My hair, about a year since, commenced falling out, and I was rapidly becoming bald; but since using the Brush a thick growth of hair has made its appearance, quite equal to that which I had previous to its falling out. I have tried other remedies, but with no success. After this remarkable result I purchased one for my wife, who has been a great sufferer from headache, and she finds it a prompt and infallible remedy.
A. C. BRIDGEMAN, D. D.

From the President of the New York Life Insurance Co.:

I suffered every morning for years from headaches. DR. SCOTT'S ELECTRIC BRUSH relieves them at once. I heartily recommend it.
MORRIS FRANKLIN.

From the Speaker of the House of Representatives:

Wife suffered for years from headaches; your Brush cures them at once; it has also cured several friends. I used to remove dandruff; it works like a charm. My wife was getting bald; it stopped the falling hair and made a new growth.

Domestic Sewing Machine Co., New York:

DR. SCOTT'S ELECTRIC HAIR BRUSH has absolutely cured my wife of neuralgia, from which she was a great sufferer for years.

HENRY BARTLETT.

DR. SCOTT'S ELECTRIC HAIR BRUSH has stopped my falling hair, renewed its growth and entirely removed dandruff.

J. J. DAVIS, Sag Harbor, N. Y.

From the Mayor of Saratoga:

It always cures my headaches within a few minutes. A beautiful Hair Brush, well worth the price, aside from its curative qualities.

JAMES R. CHAPMAN.

As you are doubtless aware, this is virtually a Magnetic Brush, but is known to the public as "Electric," that being our registered Trade Mark. Please address all communications to

GEORGE A. SCOTT, 842 Broadway, New York.

FOR CONSUMPTION AND WASTING DISEASES.

HYDROLEINE

Has been proved of the highest value in CONSUMPTION and all WASTING DISEASES, invariably producing IMMEDIATE INCREASE IN FLESH AND WEIGHT.

FORMULA OF HYDROLEINE.

Each dose of two teaspoonfuls, equal to 120 drops, contains:

Pure Cod Liver Oil.....80 m. (drops.)	Soda.....1-3 grains
Distilled Water.....35 "	Boric Acid.....1-4 "
Soluble Pancreatin.....5 grains.	Hyocholeic Acid.....1-20 "

Dose.—Two teaspoonfuls alone, or mixed with twice the quantity of soft water, to be taken thrice daily with meals.

The principles upon which this discovery is based have been described in a Treatise on "THE DIGESTION AND ASSIMILATION OF FATS IN THE HUMAN BODY," by H. C. EARTLETT, Ph.D., F. C. S., and the experiments which were made, together with cases illustrating the effect of Hydrated Oil in practice, are concisely stated in a treatise on "CONSUMPTION AND WASTING DISEASES," by G. OVEREND DREWRY, M. D.

In these Treatises the Chemistry and Physiology of the Digestion of Fats and Oils is made clear, not only by the description of a large number of experiments scientifically conducted, but by cases in which the deductions are most fully borne out by the results.

☞ Copies of these Valuable Works will be Sent Free on Application.

HYDRATED OIL, HYDROLEINE, WATER AND OIL.

HYDROLEINE is readily tolerated by the most delicate stomachs, even when the pure Oil or the most carefully prepared Emulsions are rejected. The Oil is so treated with pancreatin, soda, boric and hyocholeic acids, that the process of digestion is partially effected before the organs of the patient are called upon to act upon it. Consequently it is readily assimilated. It will nourish and produce increase in weight in those cases where oils or fats, not so treated, are difficult or impossible to digest. In CONSUMPTION and other WASTING DISEASES, the most prominent symptom is emaciation, of which the first is the starvation of the fatty tissues of the body, including the brain and nerves. This tendency to emaciation and loss of weight is arrested by the regular use of HYDROLEINE, which may be discontinued when the usual average weight has been permanently regained.

The permanence and perfection of the emulsion, and the extreme solubility of the HYDRATED OIL, solely prepared and sold by us under the name of HYDROLEINE, is shown by its retaining its cream-like condition as long as the purest Cod-Liver Oil will retain its sweetness. Unlike the preparations mentioned, or simple Cod-Liver Oil, it produces no unpleasant eructation or sense of nausea, and should be taken in such very much smaller doses, according to the directions, as will insure its complete assimilation; this, at the same time, renders its use economical in the highest degree.

To brain-workers of all classes, Hydrated Oil is invaluable, supplying, as it does, the true brain food.

Economical in use—certain in result.

Tonic—Digestive and Highly Nutritive.

NEW PRINCIPLE FOR THE FAT. ASSIMILATION.

KIDDER & LAIRD, Agents for the United States,

Price at Retail, \$1.00 per Bottle.

Depot, 83 JOHN ST., NEW YORK.

DOWNINGTON, Chester Co., Pa., Sept. 10, 1880.

DR. WM. F. KIDDER:

Dear Sir: About a month ago I concluded to try Hydroleine on a patient that had been lingering on my hands for years, and upon whom I had tried all sorts of remedies worth trying, and some that were not. The case is an interesting one, but a sketch of it would fill several such sheets as this. The package arrived all right, and both my patient and myself are not only satisfied, but delighted and astonished with the result of four weeks' trial. I have other patients on whom I am now using it, and the stock is almost exhausted. Please send me, without delay, one dozen bottles.

Very respectfully,

J. F. EVANS, M. D.

BLACK WALNUT, Va., Oct. 16, 1880.

WM. F. KIDDER, Esq.:

Dear Sir: It gives me pleasure to state that the sample bottle of Hydroleine sent me in August last is all that you claim for it and more. It is the finest restorative I have ever used. Have ordered, some time since, one dozen bottles through our druggist, G. E. Faulkner, but from some unknown cause have failed to get them. Let me know the lowest price of it by the dozen. I prefer ordering directly from you.

Yours, etc.,

M. A. HANES, M. D.

Medication and Nutrition by Absorption.

[From "Hall's Journal of Health," New York.]



THE object of medication is to cure disease by introducing remedies into the general circulation. The best method is that which will accomplish the object soonest, and with the least disturbance to the natural functions of the body. All medicines taken by the mouth cause derangement of the stomach, and debility, from which recovery is slow.

The more direct method of reaching the circulation by "hypodermic" medication, is useful in certain cases, but is always hazardous when narcotics are employed : minimum doses have often proved fatal.

RECTAL MEDICATION offers immunity from the discomforts of medication by the mouth, and is comparatively free from the dangers of the hypodermic plan.

It is then quite safe to predict that in the near future, the ordinary method of administering both foods and medicines, in cases of severe illness, will be *VIA RECTUM*. In support of this prediction, the views of many eminent medical men might be quoted :

Dr. Wm. Bodenhamer, author of that admirable little book entitled "*AN ESSAY ON RECTAL MEDICATION*," says : "There are cases when the stomach is too irritable to tolerate medicines or foods, or is incapable of absorbing them. Some medicines impair digestion, others become decomposed or contaminated in the stomach. Patients often refuse to swallow foods or medicines, or are unable to do so. In these cases, the mucous membrane of the rectum possesses all the requisites for the exercise of absorption, which is far more rapid than when taken into the stomach; medicines taken into the stomach become mingled with its contents, and before reaching the general circulation must pass through the portal system."

"The rectum is capable of digesting and absorbing sufficient nourishment to maintain life indefinitely.

Haller says digestion takes place in the rectum, where chyle is found.

Dr. Williams (in London *Lancet*, Oct. 24, 1874) says :

"Rest to the stomach is of the highest importance in diseases of that organ. In such cases we possess in the rectum an effective second stomach, which if it does not afford us the pleasure of digestion, spares us many of its pains."

Bodenhamer says (page 33) : "Through the rectum the most decided impressions are made by medicines on the uterus, the vagina, the bladder, the prostate gland, urethra, the seminal vesicles and other adjacent parts."

Dr. Brown-Sequard (London *Lancet*, 1866) says that belladonna and opium, employed against neuralgic and other uterine pains, act more rapidly and with more benefit when inserted in the rectum, showing that absorption is more rapid by the mucous membrane of the rectum than by other mucous surfaces.

Baron Dupertren said : "Medicines pass more directly, more purely and more surely to their destination, *via rectum*, than when taken into the stomach."

M. Orfila, the greatest chemist of his time—strongly indorsed that opinion.

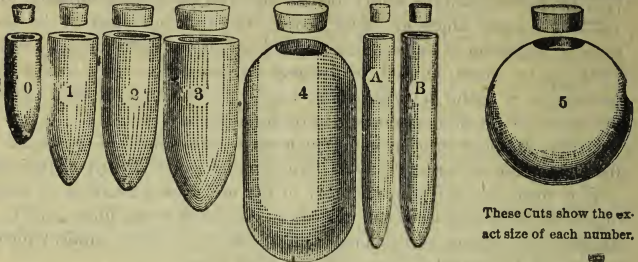
THE ONLY FORM OF MEDICATION THAT DOES NOT DEBILITATE.

HOLLOW SUPPOSITORIES

WITH STOPPERS.

ALL MADE FROM PURE BUTTER OF COCOA ONLY.

Aural, Nasal, Rectal, Urethral, Cystic, Vaginal & Intra-Uterine Hollow Suppositories.



These Cuts show the exact size of each number.

The object of this invention is to supply Physicians, Druggists, Veterinary Surgeons, and others with **Hollow Suppositories**, into which they can put any kind of medicine or nourishment, thus producing firm, smooth, and *evenly medicated* Suppositories that are cheaper and more reliable than those made by the old method.

DESCRIPTION.—Size 0 Hollow Suppository is intended for Infants and Children, but it is also intended as a vehicle to convey remedies into the nasal passages, and into the internal ear and other small open passages of the body.

No. 1 is a Rectal Hollow Suppository for medicines requiring but little space.

Nos. 2 and 3 for medicines requiring still more room. Nos. 3 and 4 will also be found useful in conveying nutriment into the system via rectum. *The pure Butter of Cocoa—from which our Hollow Suppositories are made—is an excellent nutrient in itself.*

Nos. 4 and 5 are the best device known for introducing remedies into the Vagina and into the Os Uteri, where they may be easily kept in contact with the diseased surfaces by means of a sponge, or a tampon made from a ball of cotton wool or lint, covered with oiled silk. This keeps the Suppository in contact with the diseased parts. A and B are for Urethral and Intra-Uterine use.

DIRECTIONS.—Put the medicines or nutriment in the Hollow Suppositories before removing them from the box; then, taking the **STOPPERS** on the point of a pin, warm them slightly, and insert them. When cold, they will hermetically seal the Suppositories. Medicines may be triturated in a mortar with a little Butter of Cocoa, and then the mass divided and put in the Hollow Suppositories; or liquids or powders may be put in and sealed up *without* mixing them with other substances. **ALL FILLINGS MUST BE COLD.**

HORSES and CATTLE

Suffer from many diseases that are more easily, promptly, surely, and safely relieved by Suppositories than by medicines introduced by the mouth. Our No. 6 Hollow Suppository holds a fluid half ounce, and is adapted for general use; or two or more may be employed in the few cases where it is necessary to administer more than a

fluid half ounce at one time. Veterinary surgeons usually prescribe *extracts* which require but little space. In using the **Veterinary Hollow Suppositories** the same **DIRECTIONS** should be observed as for the other sizes. For Dogs and other small animals, use sizes 0, 1, 2, or 3.



RETAIL PRICES.

Half Gross, No. 0.....	\$1.38	Half Gross, No. 1.....	\$1.63	Half Gross, No. 2.....	\$2.00
Half Gross, No. 3.....	2.25	Half Gross, No. A.....	2.25	Half Gross, No. B.....	2.50
Quarter Gross, No. 4.....	2.25	Quarter Gross, No. 5.....	2.25	Quarter Gross, No. 6.....	2.25

Sold by all Druggists. Sent by Mail Free on Receipt of Price.

These Suppositories are made of Pure Cacao Butter, and will remain good for years if **KEPT IN A COOL PLACE.**

HALL & RUCKEL, Wholesale Druggists, Proprietors,

No. 218 Greenwich Street, New York.

FORMULÆ.

Size 0 Hollow Suppositories.

This size is intended for infants and children, but they may be used for adults where morphine, belladonna, and other powerful medicaments are to be administered via rectum. They may be medicated as desired, and used also for "Nasal Suppositories" and ear.

Formulæ Suitable for Use in our No. 1 Hollow Suppositories.

RECTUM.

For each Suppository.

Sulph. morphia, $\frac{1}{8}$ gr. to 1 gr.—extract of belladonna, $\frac{1}{8}$ gr. to 1 gr.—extract of stramonium, $\frac{1}{8}$ gr. to 1 gr.—extract of hyoscyamus, $\frac{1}{8}$ gr. to 2 grs.—extract belladonna, $\frac{1}{8}$ to $\frac{1}{4}$ gr., and opium 1 gr.—extract belladonna, $\frac{1}{8}$ gr., sulph. morphia, $\frac{1}{8}$ gr.—tannin, $\frac{1}{8}$ gr., calomel, 1 gr.—belladonna, $\frac{1}{4}$ gr., acet. lead, 1 gr.—sulph. quinine, 1 to 2 grs.

Formulæ Suitable for Use in our No. 2 Hollow Suppositories

For each Suppository.

Opium, $\frac{1}{8}$ gr. to 4 grs.—opium, 1 to 2 grs.; tannin, 2 to 4 grs.—opium, 1 to 2 grs., acet. of lead, 2 grs.—glycerine, fill the suppository—tannin, 2 to 4 grs.—extract stramonium, 1 gr., acet. lead, 2 grs.—belladonna, $\frac{1}{4}$ to $\frac{1}{2}$ gr.—acet. lead, 1 to 3 grs.—chlorate of potash, 1 to 4 grs.—sulph. of quinine, 2 to 4 grs.—ext. ergot, 2 to 10 grains.

Formulæ Suitable for Use in our No. 3 Hollow Suppositories.

For each Suppository.

Opium, 2 to 4 grs.—opium, 2 grs., tannin, 2 to 5 grs.—opium, 1 to 2 grs., acet. lead, 2 to 5 grs.—sulph. of quinine, 4 to 10 grs.—tannin, 2 to 4 grs.—ext. ergot, 10 to 20 grs.

NUTRIMENT.

Fill 3 or 4, leaving only room for stopper, with extract of beef, or extract of beef diluted to suit the case; beef tea, mutton-broth, chicken-broth; the juice obtained by scraping a piece of lean, raw beef with a knife; the juice of oysters or clams that have been cooked in the shell over coals. To any of these a little brandy, wine or quinine may be added, if thought desirable by the attending physician.

Besides animal foods we have various preparations of grain. Among the best of these is extract of malt.

VAGINA.

For each No. 3 Suppository.

Fluid extract of Golden Seal, 5 to 10 drops, sulph. zinc, $\frac{1}{8}$ gr.—fluid extract of Golden Seal, 5 to 10 drops, acet. lead, 1 to 5 grs.—fluid extract of Golden Seal, 5 to 10 drops, chlorate of potash, 5 grs.—fluid extract of Golden Seal, fill suppository—tannin, 2 to 8 grs.—crystallized carbolic acid, 1 to 2 drops, water, 1 drachm; fill suppository—tannin, 5 grs., morphia, $\frac{1}{4}$ to $\frac{1}{2}$ gr.—extract belladonna, $\frac{1}{4}$ to 1 gr., triturated with Butter of Cacao or simple cerate—opium, 1 gr., ipecac, 1 gr., triturated with Butter of Cacao or simple cerate—powdered alum, 2 to 10 grs.—infusion of white oak bark, fill suppository—chlorate of potash, 2 to 10 grs.—sulph. of quinine, 1 to 5 grs.—glycerine, fill suppository—ext. of ergot, 10 to 20 grs. Use No. 4 or 5 for larger quantities.

Formulæ Suitable for Use in our Urothral Hollow Suppositories, A and B.

URETHRAL AND INTRA-UTERINE.

For each Suppository.

Opium, $\frac{1}{8}$ to $\frac{1}{2}$ gr.—sulph. morphia, $\frac{1}{8}$ to $\frac{1}{4}$ gr.—iodine, $\frac{1}{100}$ to $\frac{1}{10}$ gr.—nitrate of silver, $\frac{1}{100}$ to $\frac{1}{10}$ gr.—iodoform, $\frac{1}{10}$ to $\frac{1}{2}$ gr.—tannin, $\frac{1}{8}$ to 1 gr.—tannin, $\frac{1}{8}$ gr., calomel, 1 gr.—acet. lead, $\frac{1}{2}$ gr.—acet. lead, $\frac{1}{2}$ gr., and opium, $\frac{1}{4}$ gr.—ext. belladonna, $\frac{1}{8}$ gr.—ext. belladonna, $\frac{1}{8}$ gr., opium, $\frac{1}{8}$ to $\frac{1}{4}$ gr.—ext. belladonna, $\frac{1}{8}$ gr., sulph. morphia, $\frac{1}{8}$ gr.—acet. lead, $\frac{1}{2}$ gr.; then fill suppository with fluid ext. Golden Seal—sulph. zinc, $\frac{1}{8}$ to $\frac{1}{4}$ gr.; then fill suppository with fluid extract Golden Seal—acet. lead, $\frac{1}{4}$ gr., sulph. zinc, $\frac{1}{8}$ gr., sulph. morphia, $\frac{1}{8}$ gr.—crystallized carbolic acid, 1 to 2 drops, water, 1 drachm; fill suppository.

Nasal Passages—For Each Suppository, No. 1, A or B.

Glycerine, fill the suppository—chlorate of potash, 1 to 3 grs.—salt and water, fill suppository—tannin, 1 to 2 grs.—carbolic acid crystals, 1 drop, glycerine, 5 drops—alum, 1 to 5 grs.—fluid extract Golden Seal, fill suppository.—Use suppositories on the side most affected.

Veterinary Hollow Suppositories.

Colic is the most frequent ailment with horses. If a No. 6 Hollow Suppository is filled with wet tobacco, and inserted in the rectum, it affords relief in a few minutes. The same treatment will destroy pin worms, which frequently annoy horses. For more serious troubles, a competent veterinary surgeon or physician should be consulted.

For Dogs, and other small animals, use Nos. 0, 1, 2, or 3.

MEDICATED SUPPOSITORIES.

Nelaton's Suppositories. (To be used Via Rectum.)



Will promptly relieve any case of **Constipation** or **Piles**, and permanently cure a majority of cases. We are receiving many voluntary testimonials from persons who have been cured after years of ill health, and who urge us to make this remedy widely known.

In those distressing irritations caused by **Diarrhœa**, **Dysentery** and **Piles**, or by the use of purgatives, or where the evacuations are insufficient; a Suppository inserted at bed-time and another before going to stool next morning, afford grateful relief.

DIRECTIONS.—In mild cases of **Constipation** one Suppository should be inserted every night on going to bed, being careful to push it up an inch or more with the finger wet or oiled. In severer cases another Suppository may be used in the morning, and still another at noon.

FORMULA.—Each Suppository contains: *Sub. Mur. Hyd.* 1 gr.,—*Ext. Bella.* $\frac{1}{4}$ gr.,—*Ext. Stramon* $\frac{1}{4}$ gr.,—*Talc* 1 gr.,—*Butter of Cacao* 27 grs.

PRICE.—A box containing 16 Suppositories, 50 cents. A box containing 40 Suppositories, \$1.00.

Suppositories for Children. (To be used Via Rectum.)



Children suffer very much, particularly in warm weather, from irritation about the anus or thighs, caused by acrid discharges from the bowels. Then again, they frequently suffer from Constipation; to remedy which, the nurse sometimes inserts a small piece of soap, which alone is sufficient to produce an irritation. **OUR SUPPOSITORIES FOR CHILDREN** will be found to meet these opposite conditions, and to afford prompt relief in all cases. They are made from the purest materials, after the following **FORMULA**: Each Suppository contains

French Chalk 1 gr.,—*Gum Camphor* 1-16 gr.,—*Butter of Cacao*, 10 grs.

DIRECTIONS.—Let the nurse oil the nozzle of a syringe, or some similar instrument, or the little finger, and with it gently push the Suppository up half a finger's length. These Suppositories may be used as often as required. In cases of obstinate constipation, insert one every two hours until the bowels move. The use of one of these Suppositories every morning would keep the bowels regular, and prevent irritation from "pin worms" and other causes.

PRICE.—A box containing 24 Suppositories, 50 cents.

Velpeau's Suppositories. (To be used Via Rectum.)



VELPEAU'S SUPPOSITORIES afford prompt relief in affections that depend on a debilitated condition of the **Urinary Passages**; as **Spermatorrhœa**, **Impotency**, and **Irritation of the Bladder and Prost ate Gland**.

These diseases are frequently due to causes that produce many other diseases; as exposure to cold, over-work, strains, &c., &c., and do not come **always**, as many suppose, from self-abuse or dissipation.

These Suppositories are absorbed into the system, and **Cure by Subduing Nervous Irritation and Restoring the General Health** through their **Tonic Action**.

DIRECTIONS.—In mild cases, insert one Suppository every night on going to bed until all unfavorable symptoms disappear. In severe cases, another Suppository may be used **every morning**. Wet or oil the finger, and push the Suppository up half a finger's length. Should there be irritation, or any unnatural discharge from the **Urethra**, use at the same time one of **Ricord's Urethral Suppositories** every night until these symptoms disappear.

FORMULA.—Each Suppository contains: *Bromide of Potass* 3 grs.,—*Phosphate of Strychnia* 1-32 gr.,—*Ext. Bella.* $\frac{1}{2}$ gr.,—*Canthar.* 1-12 gr.,—*Gum Camph.* $\frac{1}{2}$ gr.,—*Ext. Digitalis* $\frac{1}{4}$ gr.,—*Valerianate of Zinc* $\frac{1}{2}$ gr.,—*Acetate of Quinine* $\frac{1}{2}$ gr.,—*Butter of Cacao*, 26 grs.

PRICE.—A box containing Half Gross, \$2.25.

Ricord's Suppositories. (For Urethral Use.)



RICORD'S SUPPOSITORIES are the standard remedy for **Acute and Chronic Gonorrhœa**, and a most valuable aid in the treatment of **Spermatorrhœa** with **Irritation of the Urinary Passages**, in which case it should be used in conjunction with **Velpeau's Suppositories**. **Ricord's Suppositories** are also successfully employed in the treatment of **Leucorrhœa**.

There are many remedies that will promptly check **Gonorrhœa**; but the discharge usually returns from time to time, often for months. This is because injections are retained but a short time; and when they pass out leave the opposite sides of the urethra in contact, and liable to re-inoculation from particles of virus that remain. The use of the syringe is also the cause of strictures. Both of these difficulties are obviated by the use of **Urethral Suppositories**, in which the medicines are thoroughly incorporated. When the Suppository is inserted it dilates the urethra, and as it melts covers its entire surface, where it is retained until absorbed, thus protecting the surface from re-inoculation.

DIRECTIONS.—After passing urine to remove all accumulations, carefully insert the Suppository, and then work it down as far as possible by pressing on the outside, or by inserting the nozzle of a syringe or some similar instrument. In ordinary cases, use one Suppository on going to bed, another in the morning, and another at noon. In severe cases five or six may be used every twenty-four hours. Abstain from all stimulants and avoid great fatigue.

The average time required for the cure is usually eight days. The treatment should be continued once a day for a few days after the discharge disappears.

FORMULA.—Each Suppository contains *Sulph. Zinc*, $\frac{1}{2}$ gr.,—*Acet. Lead*, $\frac{1}{4}$ gr.,—*Sulph. Morphine*, 1-16 gr.,—*Ext. Belladonna*, 1-16 gr.,—*Ext. Golden Seal*, 1 gr.,—*Iodoform*, 3 grs.,—*Ext. Sandal-Wood*, 1 gr.,—*Butter of Cacao*, 10 grs.

PRICE.—A box containing a Half Gross, \$2.25.

Our Suppositories are made by a plan which prevents the medicines from neutralizing each other; thus securing the full strength of each ingredient.

HALL & RUCKEL, Wholesale Druggists, Prop'rs, 218 Greenwich St., N. Y.

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DR. J. R. STAFFORD'S

OLIVE TAR,

EXPRESSED FROM THE OLIVE AND THE PINE.

The True Specific for all Diseases of the Organs of Respiration,
whether Acute or Chronic, including Bronchitis, Asthma,
Catarrh, Colds, Coughs, Bleeding at the Lungs,
Sore Throat, Croup and Consumption.

The healing, soothing, invigorating effect of Vegetable Tar upon the inflamed and irritated membranes of the throat, the bronchial tubes and the lungs was developed to the astonishment of the medical profession and the world at large, through the introduction of Dr. J. R. Stafford's Pure Extract of the resinous juices of the Olive and the Pine, as a specific for Pulmonary Complaints.

Since that time the celebrity of Olive Tar has been constantly extending, until it has in a great measure superseded all other remedies for diseases of this nature.

The two great objects in the management of Consumption and other lung diseases are—*first*, to fix upon the true antidote, and, *second*, to apply it directly to the inflamed organs it is designed to heal and invigorate.

Both these objects have now been attained. Olive Tar is admitted by the first scientific men in America to be the best specific known for the disorders of the delicate tissues and membranes of the human breathing apparatus. The Atmospheric Air passes directly through the Olive Tar, and, after being surcharged with its odor, is drawn at every inspiration of the breath to the seat of disease, carrying

"HEALING ON ITS WINGS."

For Catarrh the inhalation is through the nostrils, by which means the mucous membrane of the nose is pervaded with minute particles of the Tar, and *instantaneous* relief afforded.

Stafford's Olive Tar is applied externally as a counter-irritant with the most salutary results.

For Croup the dose is from four to six drops, with brisk application of the preparation to the throat and the chest. For Whooping Cough the same. In both complaints the salutary effect is quickly experienced, and a rapid cure is certain if treatment is continued. Neuralgia and Rheumatism are alleviated *at once* by rubbing the Tar on the parts affected. It is equally efficacious as a liniment for Scrofulous Sores, Salt Rheum, Scald Head, Boils, Burns, Scalds, Bites, Stings and all dry and postulous eruptions; Scarlet Fever yields invariably, and with marvelous rapidity, to this powerful vegetable remedy, given inwardly as an anti-febrile agent, and used outwardly as an embrocation. In Diphtheria, Inflammation of the Lungs and Mumps, the same treatment will give almost immediate relief.

In Asthma, Bronchitis, Consumption, Catarrh, Sore Throat, Pleurisy, Hoarseness, etc., etc., its sanitary influence, when administered by inhalation, exceeds the most sanguine expectations of the sufferers, and is a matter of surprise to all physicians when witnessing it for the first time.

The Faculty, the Clergy, eminent Chemists, well-known members of the Religious and general Press, distinguished Authors, Military Men, Statesmen and Divines, have certified over their own names to its signal usefulness in the various disorders for which it is recommended.

Among parties who have thus endorsed it from their own experience of its value may be mentioned the following:

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HOW TO KEEP WELL

Nearly all diseases send out their warnings. They are not, as is very generally supposed, treacherous enemies that strike us unseen and in the dark. The experience of almost all persons who have suffered from



severe illness is that they were warned in time, but were not aroused to the dangers of delay. Take the various types of fever, malarial diseases and rheumatic affections, and we seldom see a case that could not be traced back to some imprudence of the patient.

Then there are derangements of the liver, spleen and kidneys caused by blood poisoning from constipation; but in all these cases the diseases depend on some derangement of the liver, the most important organ in the body, without whose free and healthy action good health is impossible.

Hence the "old time" doctors resorted to harsh measures, but in mild cases always went armed with their liver pills, and roiled them out before the patient, preliminary to making an examination of the case.

Then a new school of physicians came on the stage, who advocated what they called mild treatment, which usually meant no treatment, but trusting to nature and to chance.

The writer believes that the best and safest course lies between the extremes of practice. Very sick men often do get up again, but very many are afterward sent to their graves by chronic diseases resulting from neglect of timely treatment of the original disease.

With the warning of approaching disease, nature calls for help. She is modest and reasonable in her demands, and there can be no safety in neglecting them. In his remarkable book "Health at Home," Dr. Hall recommends the "liver pills"—the formula of which he gives—as the safest and best remedy in nearly all cases of disease.

When asked why he did not continue to practice medicine, he replied that he felt it to be his duty to prescribe his "old time" liver pills in most cases, and that by doing so he couldn't keep his patients sick long enough to make any money out of them.

The writer has employed these pills in his practice during ten years with most gratifying results.

He has seen fever and ague cured in many cases where quinine had failed. No family should be without them.

These pills are put up in handsome slide boxes, of twice the ordinary size, and sold at 25 cents a box, or five boxes for one dollar. Sent by mail free on receipt of price, by Hall & Ruckel, Wholesale Druggists, New York; or, if preferred, the money may be sent to HALL'S JOURNAL OF HEALTH, 135 Eighth Street, New York. Sums less than \$1 may be sent in postage stamps. THE FORMULA IS PRINTED ON EVERY BOX.

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THE INVALUABLE DOMESTIC REMEDY:

PHÉNOL SODIQUE.

Proprietors, HANCE BROTHERS & WHITE, Philadelphia.

Is an invaluable remedy in DISEASES and INJURIES of ANIMALS and POULTRY; destroying LICE and other VERMIN. Applied by washing the fowls, their roosts and nests with a solution of the strength of one part Phénol Sodique to about fifteen or twenty parts water. A solution of the same strength is also recommended, given internally, for the gapes and other DISEASES of CHICKENS.

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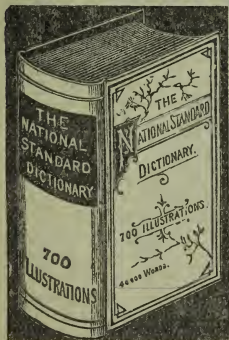
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A SAFE AND CERTAIN REMEDY FOR
DIARRHŒA, CHOLERA INFANTUM,
WORMS AND ALL BILIOUS
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In Cholera Infantum death is caused by arresting the discharges—usually with opiates—thus causing congestion of the Brain or Lungs. MARVELINE does not arrest the stools but CHANGES them to their NATURAL condition, and the child soon recovers. In larger doses MARVELINE is an excellent CATHARTIC for CHILDREN or ADULTS who are Bilious or Feverish. (For directions see Circular in each Box.) Price, 25 cents a box; five boxes, \$1; postage paid. Sold by Druggists. Address DR. G. A. DEWEY, 135 Eighth St., between Broadway and Fourth Avenue, New York.

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NEW PLAIN TYPE, ARTISTIC BINDING. A universal hand-book for ready reference, 576 pages, sq 16mo.

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I have examined samples of "Cleveland's Superior Baking powder" and "Royal Baking Powder" purchased by myself in this city, and I find they contain :-

"CLEVELAND'S SUPERIOR BAKING POWDER."

CREAM OF TARTAR.
BICARBONATE OF SODA.
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Available carbonic acid gas, 12.61 per cent., equivalent to 118.2 cubic inches of gas per ounce of Powder.

"ROYAL BAKING POWDER."

CREAM OF TARTAR.
BICARBONATE OF SODA.
CARBONATE OF AMMONIA.
TARTARIC ACID.
STARCH.

Available carbonic acid gas, 12.40 per cent., equivalent to 116.2 cubic inches of gas per ounce of Powder

Ammonia gas, 0.43 per cent., equivalent to 10.4 cubic inches per ounce of Powder.

NOTE.—The Tartaric Acid was doubtless introduced as free acid, but subsequently combined with ammonia, and exists in the Powder as a Tartrate of Ammonia.

NEW YORK, January 17, 1881.

E. G. LOVE, Ph.D.

The above shows conclusively that "Cleveland's Superior" is a strictly pure Cream of Tartar Baking Powder. It has also been analyzed by Professor Johnson, of Yale College; Dr. Genth, of the University of Pennsylvania; President Morton, of the Stevens Institute; Wm. M. Habirshaw, F. C. S., Analyst for the Chemical Trade of New York, and other eminent chemists, all of whom pronounce it absolutely pure and healthful.

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and decided improvements, rendering them superior to any manufactured either here or abroad. We manufacture a complete line of Office Faradaic Batteries; also Cabinet, Galvanic, Galvano Caustery and Combined Galvanic and Faradaic Apparatus with Tip cells, or Upright cells, as desired. Galvanic Batteries from 4 to 36 cells constantly on hand, and an Improved Pocket Induction Apparatus. All parties claiming Highest Award for above ARE FRAUDULENT, being made to deceive the public. To distinguish the Genuine from the Spurious, send for illustrated Catalogue. Address, JEROME KIDDER MFG. CO., 820 BROADWAY, NEW YORK.

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SCOTT & BOWNE'S SOLUBLE BEEF, PEPTONIZED AND GRANULATED.

This Preparation embodies, in addition to the Flavor and Extractive Principles common to other Meat Extracts, the substance (nutritious elements) of the Meat in a soluble and peptonized condition ready for almost immediate assimilation.

The idea prevalent that beef tea, made by the ordinary method of boiling the meat or from the meat extracts in the market, is very nourishing, is erroneous in the extreme. It has practically no nourishing properties. These facts are well known by the physician and nurse who have noted its effects upon their patients. The essential elements of the meat are not extracted by boiling, but are locked up in the meat substance, and the patient taking beef tea made in the manner above described only gets a stimulant, and will slowly starve. These facts are well established by the best physicians and scientific men who have given attention to the subject. In the preparation of

SCOTT & BOWNE'S SOLUBLE BEEF

they have found a process whereby the meat substance that contains all the nutritious elements is dissolved and peptonized or partially digested, so that the invalid or dyspeptic can be supplied with a liquid food that has all the nourishing properties of the best well-cooked lean meat.

We herewith submit an exhaustive analysis by Adolph Tsheppe, P. D., of New York, who has given a great deal of attention to the subject of foods and their relative values.

ANALYSIS OF SCOTT & BOWNE'S SOLUBLE BEEF.

Water.....	11.82
Ash or mineral substance	1.66
Peptones, total	38.65
Soluble extractive matter.....	34.57
	<hr/> 100.00

1,030 PARK AVENUE, NEW YORK, December, 1881.

Messrs. Scott & Bowne:

GENTLEMEN: Conforming with your request to examine your preparation, "Soluble Beef," I have done so, and give you chemical analysis, as above.

While your preparation embodies all the constituents of the ordinary Beef extracts, there is a net gain of over fifty per cent. of the nutritious protein substances in the "soluble state," more than half of which is Peptonized, and available for immediate assimilation, while the accustomed Beef Extracts are either devoid of them or do not contain them in the dissolved state. Your choice of the granulated condition is commendable for its insured keeping qualities, as well as from the economical standpoint of the buyer.

ADOLPH TSHEPPE.

We would most respectfully solicit a trial of the SOLUBLE BEEF, as it is unquestionably the best and most nourishing food for Invalids, Dyspeptics and Children, where the digestive power is feeble, that has ever been presented. It is put up in $\frac{1}{4}$ and $\frac{1}{2}$ -pound cans that retail for 50c. and \$1.

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The most Popular and Best Health Beverage extant. It is highly recommended for ladies in delicate health and during confinement; while it is especially beneficial to Nursing Mothers, convalescents, or patients recovering from prostrating fevers. The weakest stomach retains it readily, and, being preeminently nutritious, it is the Best Health Beverage known.

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And all complaints where a Gentle and Cooling Aperient or Purgative is required.

It is particularly adapted to the wants of Travelers by sea and land, residents in hot climates, persons of sedentary habits, invalids and convalescents; captains of vessels and planters will find it a valuable addition to their medicine chests.

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Numerous testimonials from professional gentlemen of the highest standing throughout the country, and its steadily increasing popularity for a series of years strongly guarantee its efficacy and valuable character, and commend it to the favorable notice of an intelligent public.

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Solicit attention to the following preparations of their manufacture, which have received the unqualified endorsement of the medical profession :

CASCARA CORDIAL.

This preparation is an elixir of a combination of two of the most valuable of the recent introductions to the *materia medica*, viz., *cascara sagrada* (*rhamnus Purshiana*) and *berberis aquifolium*. The former is unequaled as a combined laxative and intestinal tonic, and the latter is an alterative whose action is especially directed to the skin and mucous membranes. This preparation is thus a scientific compound designed for the treatment of that bane of modern society, HABITUAL CONSTIPATION, the complaint which is primarily the cause of a vast number of the ailments of modern life. It is the peculiarity and especial recommendation of Cascara Cordial that, while it relieves constipation, it does so by correcting the condition (atony of the intestinal walls) on which constipation depends. It, therefore, is essentially different from the various nostrums extensively advertised for the relief of the constipated habit—agents which give temporary relief by ridding the bowels of their contents, but leaving behind an exhausted condition of their muscular walls, which aggravates the original defect. Cascara Cordial is very pleasant to the taste and is readily taken by the most fastidious. Full directions and instructions regarding certain peculiarities of physiological action which must be kept in view accompany each bottle.

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(*Piscidia Erythrina*).

Opium has justly been placed first in the first rank of drugs. It meets a greater variety of indications in disease than any other drug, but above all it relieves pain and bathes the brain, tortured by the cares and anxieties of life, in forgetfulness. Unfortunately, the demand for such an agent is great under our modern modes of life. But opium leaves behind a sting—it disturbs digestion, causes constipation, "locks up the secretions," is followed by bodily and mental malaise, and, worse than all, it leads to the formation of that most demoralizing of all habits, the opium habit. The great want of medicine has been a drug which should present the benefits of opium without combining its drawbacks. In JAMAICA DOGWOOD we have this want at least partially supplied—it relieves pain and is particularly valuable as a hypnotic in insomnia or sleeplessness, whether due to harassing thoughts or cares, or mental exhaustion. It, moreover, causes no systemic disturbance, and carries with it no danger of the formation of a "hab t." We prepare the drug in the form of a fluid extract.

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